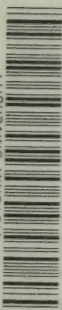


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## HIPPOCRATES

VOL. VI

# THE UNIVERSITY OF CHICAGO

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# HIPPOCRATES

VOL. VI

WITH AN ENGLISH TRANSLATION BY

PAUL POTTER

UNIVERSITY OF WESTERN ONTARIO



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## PREFACE TO VOLUMES V AND VI

In his preface to volume IV (1931), W. H. S. Jones writes: "This book completes the Loeb translation of Hippocrates," offering no explanation why the rest of the Collection is to be ignored, unless it is implied in his next sentence: "The work of preparing the volume has taken all my leisure for over five years . . ."

Whatever Jones' reasons for stopping may have been, the lack of a complete English translation has been noted and regretted by classicists and historians of medicine alike. A plan to continue the Loeb *Hippocrates* has now existed in America for several decades, and it is chiefly due to the untiring efforts of Dr. Saul Jarcho and Mr. Richard J. Wolfe that volume V sees the light of day.

The cost of preparing and publishing volumes V and VI has been met by NIH Grant LM 02813 from the National Library of Medicine, and the examination of Hippocratic manuscripts in Florence, Paris, Rome, Venice and Vienna made possible by grants generously provided by the Jason A. Hannah Institute for the History of Medicine.

## PREFACE

Work on volumes V and VI was greatly facilitated by the use of computer texts and indexes kindly furnished by Prof. Gilles Maloney and his team at the *Laboratoire de recherches hippocratiques* in Quebec.

Finally, it is my pleasant duty to thank Prof. M. P. Goold, Associate Editor of the series, Prof. Dr. Fridolf Kudlien, Prof. Wesley D. Smith, William B. Spaulding M.D., F.R.C.P.(C.), and Lynn Wilson Ph.D., all of whom read the volumes in various stages of their preparation, for their manifold helpful comments.

Rome, November 1983

Paul Potter

## INTRODUCTION TO VOLS V AND VI<sup>1</sup>

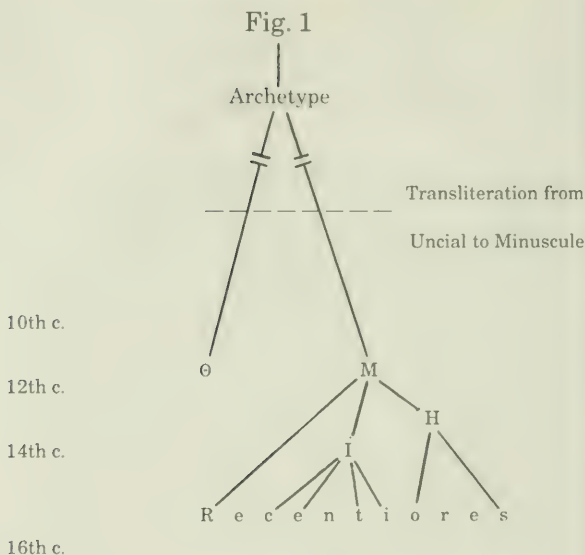
These volumes contain the most important Hippocratic works on the pathology of internal diseases. Presumably in consequence of their common purpose, these six treatises tend to share the same general structure: independent chapters of constant form each devoted to one specific nosological entity.<sup>2</sup>

About the treatises' interdependencies, authors, and relative dates of composition, nothing can be said with any degree of certainty. There is neither

<sup>1</sup> This introduction deals only with the treatises in volumes V and VI; for an orientation to Hippocrates and the Hippocratic Collection in general, the reader is referred to W. H. S. Jones' "General Introduction" (Loeb *Hippocrates* I. ix-lxix) and "Introductory Essays" (Loeb *Hippocrates* II. ix-lxvi). Useful guides to Hippocratic scholarship since Jones are Ludwig Edelstein's article "Hippokrates" in *Paulys Real-Encyclopädie der classischen Altertumswissenschaft*, Supplement VI, Stuttgart, 1935, cols. 1290-1345, H. Flashar (ed.), *Antike Medizin*, Darmstadt, 1971, Robert Joly's article "Hippocrates of Cos" in the *Dictionary of Scientific Biography*, vol. VI, New York, 1972, 418-31, and G. Maloney and R. Savoie, *Cinq cent ans de bibliographie hippocratique*, Quebec, 1982.

<sup>2</sup> The individual works are analysed in more detail in their particular introductions.

# INTRODUCTION



Θ<sup>1</sup> = Vindobonensis Medicus Graecus 4

M = Marcianus Venetus Graecus 269

H = Parisinus Graecus 2142

I = Parisinus Graecus 2140

Recentiores = approximately twenty manuscripts

<sup>1</sup> Littré (VI. 139) assigned the siglum  $\theta$  to this manuscript, but several later editors and translators, to whose number I belong, prefer  $\Theta$  in order to avoid possible confusion with a lost manuscript.

## INTRODUCTION

any evidence that would confirm, nor any evidence that would call into doubt, their traditional time of origin about 400 B.C.

In the first century A.D. Erotian knew *Diseases I* and *III* and *Regimen in Acute Diseases (Appendix)*, and Galen (129–199) makes reference, in addition, to *Affections*, *Diseases II* and *Internal Affections*.

### MANUSCRIPT TRADITION

Five of the six works in these volumes (*Affections*, *Diseases I–III* and *Internal Affections*) share a transmission that can be represented by the *stemma codicum* that appears as Fig. 1 (p. xi).

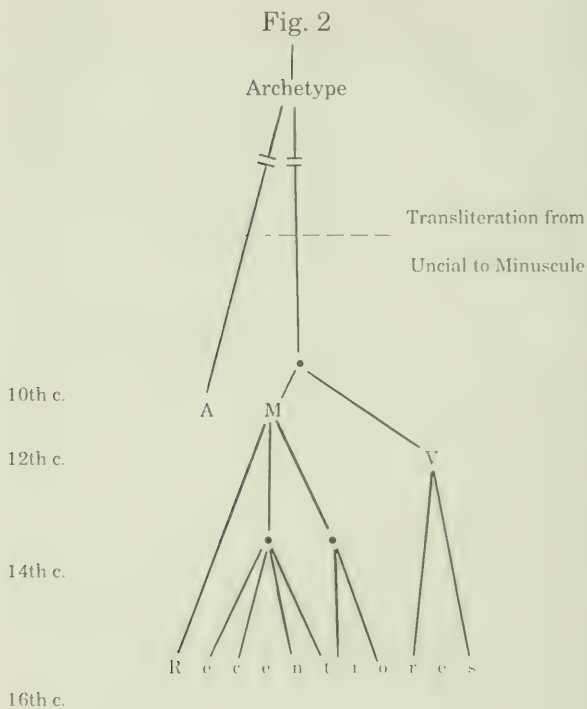
The transmission of the sixth work, *Regimen in Acute Diseases (Appendix)*, is more complex both because of the existence of a commentary by Galen, which provides a fertile source of variant readings, and also because it was translated into Latin at an early date.<sup>1</sup> The *stemma codicum* that appears as Fig. 2 (p. xii) indicates the relationships among the Greek manuscripts upon which the critical editions, including this one, are based.

Furthermore a papyrus (Rylands Greek Papyrus 56)<sup>2</sup> of the first half of the second century A.D. con-

<sup>1</sup> See Hermann A. Diels, *Die Handschriften der antiken Ärzte*, Berlin, 1905–1907, pp. 8 f. and Supplement p. 25.

<sup>2</sup> Edited by A. S. Hunt in *Catalogue of the Greek Papyri in the John Rylands Library at Manchester*, vol. I, Manchester, 1911, 181 f.

# INTRODUCTION



A = Parisinus Graecus 2253

M = Marcianus Venetus Graecus 269

V = Vaticanus Graecus 276

Recentiores = approximately twenty manuscripts



## INTRODUCTION

taining two fragments<sup>1</sup> of the text of *Regimen in Acute Diseases (Appendix)* makes a limited but significant contribution to the establishment of the text.

### TEXT AND TRANSLATION

For *Diseases I* and *III* and *Regimen in Acute Diseases (Appendix)* I have generally relied on the collations given in the critical editions.<sup>2</sup> For the other three works, which lack critical editions since Littré, collations of Θ and M have been made from microfilms and supplemented by inspection of the actual manuscripts.

In establishing the Greek text and making the English translation, I have consulted many earlier texts, translations and commentaries, among which the most important are:

*Hippocratis Coi . . . opera . . . per M. Fabium [Calvum] . . . Latinitate donata . . .*, Basel, 1526.  
(Calvus)

*Hippocratis Coi . . . libri omnes, ad vetustos Codices . . . collati & restaurati [per Ianum Cornarium]*, Basel, 1538. (= Cornarius)

<sup>1</sup> Chapter 24 φιλέει τῷ ταιῶδε — (25) ἔγγρα διαχωρήσῃ καὶ and Chapter 26 τὸ ἕτερον παρὰ τὸ ἕτερον — (27) Τοῖς τοιοῦσδε.

<sup>2</sup> See below p. 97, and vol. VI pp. 5 and 261.

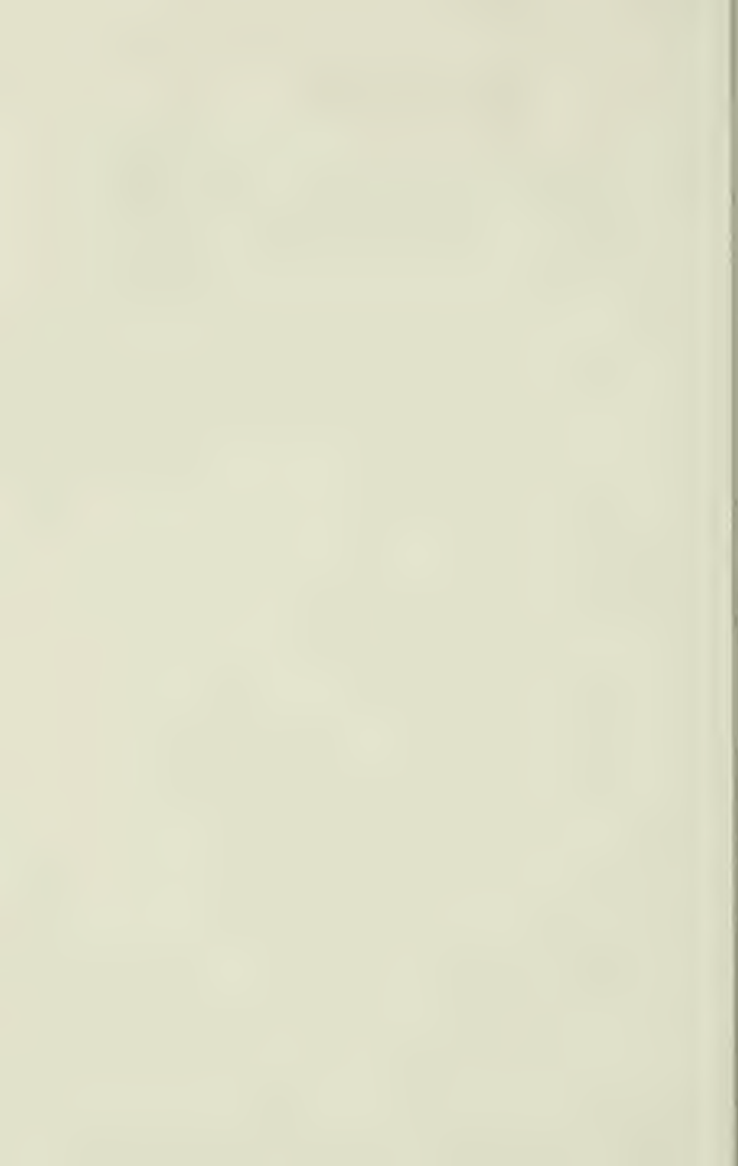
## INTRODUCTION

- Hippocratis Coi . . . opera . . . omnia. Per Ianum Cornarium . . . Latina lingua conscripta*, Lyons, 1554. (= Carnarius/Latin)
- Magni Hippocratis . . . opera omnia . . . latina interpretatione & Annotationibus illustrata Anutio Foesio . . . Oeconomia Hippocratis alphabeti serie distincta*, Geneva, 1657–1662. (= Foes)
- Magni Hippocratis Coi Opera omnia edita . . . industria & diligentia Joan. A. Vander Linden*, Leiden, 1665. (= Vander Linden)
- Hippokrates Werke aus dem Griechischen . . . von J. F. C. Grimm. Revidiert . . . von L. Lilienhain*, Glogau, 1837–1838. (= Grimm)
- E. Littré, *Oeuvres complètes d'Hippocrate*, Paris, 1839–1861. (= Littré)
- F. Z. Ermerins, *Hippocratis . . . reliquiae*, Utrecht, 1859–1864. (= Ermerins)
- Car. H. Th. Reinhold, *ἹΠΠΟΚΡΑΤΗΣ Κομιδῆς*, Athens, 1865–1867. (= Reinhold)
- H. Kuehlewein, *Hippocratis Opera omnia*, Leipzig, 1894–1902. (= Kuehlewein)
- R. Fuchs, *Hippokrates, sämtliche Werke. Ins Deutsche übersetzt . . .*, Munich, 1895–1900. (= Fuchs)

The English translation attempts to be as close to the original as possible while still remaining readable. In matters of vocabulary, I have taken the *Shorter Oxford English Dictionary* and *Dorland's Illustrated Medical Dictionary* as a basis.

## INTRODUCTION

*Bibliographical Note:* Supplementary bibliographical information is to be found in the introductions to individual treatises and in notes to the Indexes, which are printed at the end of volume VI.



## DISEASES III





## INTRODUCTION

*Diseases III* was known to Erotian, Galen and Caelius Aurelianus,<sup>1</sup> although, as I argue elsewhere, probably under the title *Diseases II*.<sup>2</sup>

In its present state, the treatise consists of three parts: a two-line tag, attaching it to a preceding work on fevers; a nosological work (1–16); a collection of cooling agents (17).

The first sentence of *Diseases III* is identical to the last sentence of the Hippocratic *Sevens*, a work preserved, for the most part, only in Latin translation:

*De febribus quidem omnibus <dixi>; de ceteris autem iam dicam.*<sup>3</sup>

However, for a number of reasons it seems impossible that the two treatises share a common origin<sup>4</sup>; rather, we must suppose that two independent works were joined at a later date and fitted with a suitable connecting link.

<sup>1</sup> See Potter pp. 46–50.

<sup>2</sup> Potter pp. 55 ff.

<sup>3</sup> Littré VIII. 673 = Littré IX. 466 = Roscher p. 80.

<sup>4</sup> See J. Mansfeld, *The Pseudo-Hippocratic Tract ΠΕΠΙ ΎΒΔΟΜΑΔΩΝ* ch. 1–11 and *Greek Philosophy*, Assen, 1971, pp. 11–15.

## DISEASES III

The second part of *Diseases III*, which makes up the bulk of the treatise, has sixteen chapters, each dealing with one particular nosological entity:

- 1: Swelling of the Brain
- 2: Intense Headache
- 3: The Stricken
- 4: Sphacelus of the Brain
- 5: Lethargy
- 6: Ardent Fever
- 7: Swelling of the Lung
- 8: Headache and Speechlessness
- 9: Phrenitis
- 10: Angina
- 11: Jaundice
- 12: Tetanus
- 13: Opisthotonus
- 14: Ileus
- 15: Pneumonia
- 16: Pleurisy

Each of these chapters is organized according to the following scheme: name or identifying feature; symptoms and course; prognosis; treatment. In most chapters, because of their simplicity, this scheme is immediately apparent, but even in longer chapters, which are complicated by many remarks about variant forms of the disease and about complications, it is strictly followed.

To judge from its clear arrangement and lack of speculative aetiology, it would seem that this part of *Diseases III* was a physician's handbook.

Chapter 17 is a collection of about twenty-five cooling agents, to be given "against every ardent and other fever". This chapter is neither closely related to, nor obviously incompatible with the earlier part of the treatise. Perhaps it was added at the same time that *Sevens* and *Diseases III* were joined.

*Diseases III* is represented in all the standard collected Hippocratic editions and translations, and in the two renaissance works on Hippocratic diseases.<sup>1</sup>

In 1973 it was edited and translated into German in a Kiel dissertation subsequently published as:

Paul Potter, *Hippokrates Über die Krankheiten III*, CMG I 2.3, Berlin, 1980 (= Potter).

<sup>1</sup> See vol. V p. 97.

## ΠΕΡΙ ΝΟΥΣΩΝ Γ

VII 118  
Littre

1. [Περὶ μὲν νυν πυρετῶν ἀπάντων εἴρηται μοι ἀμφὶ δὲ τῶν λοιπῶν ἐρέω ἤδη.]

Ἐπὴν ὁ ἐγκέφαλος οἰδήσῃ ὑπὸ φλεγμασίης, ὀδύνη ἴσχει πᾶσαν τὴν κεφαλὴν. μάλιστα δ' ὅπῃ ἴσταται ἡ φλεγμασίη ἴσταται δ' εἰς τοὺς κροτάφους.<sup>1</sup> τὰ δ' οὐατα ἡχῆς πλέα γίνεται, καὶ ἀμβλὺ ἀκούει, καὶ αἱ φλέβες τέτανται καὶ σφύζουσι. πυρετός τε καὶ ῥίγος ἐνίοτε ἐπιλαμβάνει ἢ τ' ὀδύνη ἐκλείπει οὐδέποτε, ἀλλὰ ποτὲ μὲν ἀνίησι, ποτὲ δὲ πιέζει μᾶλλον βοᾷ τε καὶ ἀναΐσσει ὑπὸ τῆς ὀδύνης, καὶ ὅταν ἀναστῇ, αὐτὶς σπεύδει ἐς τὴν κλίνην πεσεῖν καὶ ῥιπτάζει ἑωυτόν. οὗτός ἐστι μὲν θανατώδης, ὁπόσων δ' ἡμερέων ἀποθανεῖται, οὐκ ἔχει κρίσιν· ἄλλοι γὰρ ἄλλως ἀπόλλυνται ὥς μέντοι ἐπὶ τὸ πολὺ ἐν τῇσιν ἑπτὰ ἡμέρησι τελευτῶσιν· εἴκοσι δὲ καὶ μίαν διαφυγόντες ὑγιέες γίνονται.

Χρὴ δ' ἐπὴν περιωδυνή ψύχειν τὴν κεφαλὴν—μάλιστα μὲν ξυρήσαντα—ἢ ἐς κύστιν ἢ ἐς

<sup>1</sup> Ὁ: ἐν τῷ κροτάφῳ M.

<sup>2</sup> ἢ . . . ἢ om. Θ.

### DISEASES III

1. [Having spoken about all the febrile diseases, I come now to speak about the rest.]

When the brain swells up as the result of phlegmasia, pain occupies the whole head, but particularly the region where the phlegmasia is located, the temples. The patient's ears are filled with ringing, he hears unclearly, and the vessels in his head are stretched, and throb; sometimes fever and chills occur as well. The pain never ceases completely, but sometimes it becomes milder, while at other times it presses the patient more intensely; he cries out and starts up from the pain, but as soon as he has arisen, he is eager to fall back into bed, and he casts himself about. This patient will certainly die, although the number of days in which he will die cannot be judged; for different patients die in different lengths of time; in most cases, however, they succumb within seven days. If they survive for twenty-one days, they recover.

When the patient is suffering intense pain, you must cool his head—best after shaving it—by

ἔντερα ἐγχεάντα τῶν ψυκτικῶν.<sup>1</sup> οἷον χυλὸν στρύχνου καὶ γῆν κεραμίτιδα. τὸ μὲν προστιθέναι. τὸ δ' ἀφαιρέειν πρὶν χλιαρὸν εἶναι καὶ τοῦ αἵματος ἀφαιρέειν<sup>2</sup> καὶ τὴν κεφαλὴν καθαίρειν σελίνου χυλοῖσι μιγνύντα εὐώδεα. αἰνεῖν δὲ τὸ πᾶμπαν ῥυφεῖν δὲ πτισάνης χυλὸν ψυχρόν. καὶ τὴν κάτω κοιλίην λύειν.

120 2. Ὅταν δὲ περιωδυνήῃ ἡ κεφαλὴ ὑπὸ πληρῶσιος τοῦ ἐγκεφάλου. ἀκαθαρσίην σημαίνει καὶ τὴν κεφαλὴν ὅλην περιωδυνίαι ἴσχουσι.<sup>3</sup> καὶ παραφρονέει καὶ ἀποθνήσκει ἐβδομαίως. καὶ οὐκ ἂν ἐκφύγοι. εἰ μὴ ῥαγείῃ τὸ πύον<sup>4</sup> κατὰ τὰ οὖατα· οὕτω δὲ ἡ ὀδύνη παύεται. καὶ ἔμφρων γίνεται ῥεῖ δὲ πολλὸν καὶ ἄνοσμον.

Τοῦτον μάλιστα μὲν μὴ θεραπεύειν. πρὶν ἂν ἔρρωγὸς εἰδῆς τὸ πύον. ἣν δὲ βούλῃ καθῆραι τὴν ἄνω καὶ τὴν κάτω κοιλίην. λῦσον χωρὶς ἑκατέρην.<sup>5</sup> ἔπειτα πυριᾶν τὴν κεφαλὴν ὡς μάλιστα ὅλην τε καὶ διὰ τῶν ὠτων καὶ διὰ τῶν ῥινῶν. ῥυφεῖν δὲ πτισάνης χυλὸν καὶ αἰνεῖν τὸ πᾶμπαν. ἐπὴν δὲ ῥαγῇ τὸ πύον. ἐπίσχειν. ἔστ' ἂν ἡ πολλὴ τῆς ῥύσιος παύσῃται. ἔπειτα κλύζειν τὰ ὠτα οἶνω γλυκεῖ ἢ γάλακτι γυναικείῳ ἢ ἐλαίῳ παλαιῷ. χλιαροῖσι δὲ κλύζειν καὶ πυριᾶν θαμινὰ τὴν

<sup>1</sup> M adds τι. <sup>2</sup> καὶ . . . ἀφαιρέειν om. Θ. <sup>3</sup> Θ adds καὶ παρακοπαί. <sup>4</sup> πύον Θ: ὑγρὸν ἐβδομαίῳ M. <sup>5</sup> λῦσον χωρὶς ἑκατέρην M: χωρὶς ἑκατέρῃ Θ.



## DISEASES III

pouring cooling agents such as nightshade juice and potter's earth into a bladder or length of gut; alternately apply and remove this before it becomes warm. Also, draw off blood, and clean out the head with fragrant substances mixed in celery juice. Let the patient abstain totally from wine, give him cold barley-water as gruel, and empty his lower cavity.

2. When the head suffers violent pain due to a filling of the brain, this indicates uncleanness. Pains are present through the entire head, the patient becomes deranged, and on the seventh day he dies. He has no chance of recovering unless pus breaks out through his ears; if this happens, the pain stops and he recovers his wits; such a flux is copious and odourless.

It is best not to treat this patient until you know that the pus has broken out. If, however, you wish to clean out his upper and lower cavities, evacuate each separately. Then treat the head—as far as possible the whole of it—with vapour-baths both through the ears and through the nostrils. Have the patient drink barley-water, and abstain totally from wine. When the pus has broken out, stop treatment until the major part of the flow ceases. Then wash the ears with sweet wine, woman's milk, or old olive oil—use these fluids warm. Treat the head frequently with mild and fragrant

κεφαλὴν μαλθακῇσι πυρίῃσι καὶ εὐόδοις, ἵνα  
θᾶσσον καθαίρηται ὁ ἐγκέφαλος. οὗτος τὰ μὲν  
πρῶτα οὐδὲν ἀκούει<sup>1</sup> προϊόντος δὲ τοῦ χρόνου ἢ  
τε ῥύσις ἦσσαν ἐστί, καὶ ἡ ἀκοὴ ἅμα τῇ ῥύσει  
παντελῶς πανομένη παραγίνεται ὁμοιοῦταί τε  
μάλιστα ἑωυτῷ. φυλάσσεσθαι δὲ χρὴ ἡλίου,  
ἀνέμους, πῦρ, καπνόν, δριμέων ὁδμᾶς καὶ αὐτά·  
καὶ ἡσυχάζειν διαίτη μαλθακῇ χρώμενον<sup>2</sup> <καὶ><sup>3</sup>  
ὑπὸ κενεαγγειῶν ἢ κοιλῇ εὐλυτος ἔστω ἢ κάτω.

3. Οἱ δὲ βλητοὶ λεγόμενοι ὅταν ὁ ἐγκέφαλος  
πλησθῇ πολλῆς ἀκαθαρσίας, ὁδύνην παρέχει τῷ  
πρόσθεν τῆς κεφαλῆς, καὶ ἀναβλέπειν οὐ δύναν-  
ται, οἱ μὲν ἀμφοτέροις τοῖς ὀφθαλμοῖς, οἱ δὲ θα-  
τέρῳ καὶ κῶμά μιν ἔχει, καὶ ἄφρονές εἰσι, καὶ οἱ  
κρόταφοι πηδῶσι, καὶ πυρετὸς λεπτὸς ἔχει καὶ  
τοῦ σώματος ἀκρασίη. οὗτος ἀποθνήσκει τριταῖος  
ἢ πεμπταῖος ἐς δὲ τὰς ἐπτὰ οὐκ ἀφικνεῖται ἢν  
δ' ἄρα ἀφίκηται, ἐξάντης γίνεται.

122 Τοῦτον ἢν βούλη θεραπεύειν, | πυριᾶν τὴν κε-  
φαλὴν καὶ ταμῶν ἀνάπνευσιν ποιεῖν ἢν δ' ἡ  
ὁδύνη ἐστηριγμένη ἦ,<sup>4</sup> καὶ παρμιούς ἐμποιέειν,  
καὶ τὴν κεφαλὴν καθαίρειν κούφοις καὶ εὐώδεσι,  
καὶ τὴν κάτω κοιλὴν καθαίρειν. αἰνεῖν δὲ τὸ  
πάμπαν, πτισάνης δὲ χυλῷ χρῆσθαι.

<sup>1</sup> Θ: οὐκ ἔσακούει M.

<sup>2</sup> Cornarius: -ος ΘM.

<sup>3</sup> Added by

I (= Par. Graec. 2140, 14th cent.).

<sup>4</sup> Littre: ἐστηρημένη ἢ

Θ: ἐστήκη M.

## DISEASES III

vapour-baths in order that the brain will be cleaned out more quickly. At first this patient hears nothing, but as time passes the flux diminishes, his hearing, which had stopped completely during the flux, resumes, and he becomes for all intents and purposes normal. He must avoid sun, wind, fire, smoke, and sharp substances and their vapours. Have him rest and employ a mild diet; let the lower cavity be thoroughly opened by evacuants.

3. The "stricken", as they are called: when the brain becomes filled with great uncleanness, this produces pain in the front of the head, and patients cannot look up—some with both eyes, others with one. Drowsiness befalls this patient, he is senseless, his temples throb, mild fever is present, and his body is powerless. He dies on the third or fifth day, and generally does not reach the seventh; if he does, he recovers.

If you wish to attend this patient, treat his head with vapour-baths, and fashion a connection to the external air by incising.<sup>1</sup> If the pain remains fixed, induce sneezing, clean out the head with mild and fragrant substances, and also clean out the lower cavity. Have the patient abstain totally from wine, and drink barley-water.

<sup>1</sup> Presumably the same kind of procedure as that described in *Diseases II* 15, 18, and 25.

4. Ἦν δὲ σφακελίση ὁ ἐγκέφαλος. ὀδύνη ἔχει τὴν κεφαλὴν καὶ διὰ τοῦ τραχήλου φοιτᾷ ἐς τὴν ῥάχιν καὶ ἐπιλαμβάνει αὐτὸν ἀνηκουστή, καὶ ψυχὸς ἐπέρχεται ἐπὶ τὴν κεφαλὴν, καὶ ἰδίει ὅλος, καὶ ἐξαίφνης ἄφωνος γίνεται, καὶ ἐκ τῶν ῥινῶν αἷμα ῥεῖ, καὶ πελιδνὸς γίνεται. τοῦτον ἦν μὲν ἡ νοῦσος χαλαρῶς λάβη, τοῦ αἵματος ἀπελθόντος, ῥαΐζει ἦν δὲ σφόδρα ἀπειλημιμένος ἦ, ἀποθνήσκει τάχα.

Τούτῳ παρμούς τε ἐμποιέειν διὰ τῶν εὐωδέων καὶ τὰς κοιλίας ἄμφω καθαίρειν ἑκατέρην ἐν μέρει κούφας δὲ ὁδμὰς τῇσι ῥισὶν αἷρειν, καὶ ῥύφημα λεπτὸν χλιαρόν ἀοινεῖν δὲ τὸ πάμπαν.

5. Οἱ δὲ λήθαργοι στάσις μὲν ἡ αὐτὴ τοῦ κακοῦ τῇ περιπλευμονίῃ, χαλεπωτέρη<sup>2</sup> δὲ καὶ οὐ πάμπαν ἀπήλλακται ὑγρῆς περιπλευμονίης βαρυτέρη δὲ ἡ νοῦσος πολλόν, πιάσχει δὲ τάδε βῆξ καὶ κῶμά μιν<sup>3</sup> ἔχει, καὶ τὸ σίαλον ὑγρὸν καὶ πολὺ ἀνάγει, καὶ ἀδυνατέει σφόδρα, καὶ ὅταν μέλλῃ ἀποθανεῖσθαι, κάτω ὑποχωρέει ἐπὶ πολὺ καὶ ὑγρόν, τούτῳ ἐλπίς μὲν πάνυ βραχέη περιγενέσθαι ὅμως δὲ πτύειν τε ποιέειν ὥς πλεῖστον καὶ θερμαίνειν καὶ ἀοινεῖν ἦν δὲ ἐκφύγη, ἔμπυος γίνεται.

6. Ἡ δὲ καυσώδης λεγομένη δίψα τε ἔχει πολλή, καὶ ἡ γλῶσσα πέφρικε· τὸ δὲ χρῶμα

<sup>1</sup> Θ: οἰδέει M.

<sup>2</sup> M: χαλαρωτέρη Θ.

<sup>3</sup> καὶ κῶμά μιν om. Θ.

### DISEASES III

4. If the brain becomes sphacelous, pain occupies the head, and moves through the neck to the spine. Deafness befalls the patient, coldness comes over his head, and he sweats all over; he suddenly becomes speechless, blood flows from his nostrils, and he becomes pale. If he has been attacked by a mild form of the disease, he will become better after the blood has flowed out, but if he is severely affected, he soon dies.

In this patient induce sneezing by means of fragrant substances, and clean out the two cavities, one at a time. Hold mild fragrances up to his nostrils, and have him drink thin warm gruel; let him abstain totally from wine.

5. Lethargy: the same state of evil as pneumonia, but more severe, and not altogether removed from moist pneumonia<sup>1</sup>: this disease is much more violent. The person suffers the following: he is subject to coughing and drowsiness, he expectorates plentiful moist sputum, and he is quite powerless. When he is about to die, he passes copious watery stools. His hope of survival is very slight; nevertheless, induce him to cough as much as possible, warm him, and have him abstain from wine. If he survives, he suppurates internally.

6. Ardent fever, as it is called: there is great thirst, and the tongue becomes rough; at first, it

<sup>1</sup> For the particular severity of moist pneumonia see chapter 15 below.

124 αὐτῆς τὸν μὲν πρῶτον χρόνον | οἶόν περ εἶωθε.  
 ξηρὴ δὲ σφόδρα· προϊόντος δὲ τοῦ χρόνου σκληρύνεται καὶ τρηχύνεται καὶ παχύνεται ἔπειτα μελαίνεται. ἦν μὲν οὖν ἐν ἀρχῇ ταῦτα πάθη, θάσσους αἱ κρίσεις γίνονται ἦν δ' ὕστερον, χρονιώτεραι. τῆς δ' ἀφέσιος πάντα ταῦτ' ἡ γλῶσσα σημαίνει ἅπερ ἐν τῇ περιπλευμονίῃ. καὶ τὰ οὖρα, χλωρὰ<sup>1</sup> μὲν ἢ αἵματώδεα ἔοντα, ἐπίπονα· ξανθὰ δέ, ἀπονώτερα. καὶ τὸ πτύσμα ὑπὸ θερμασίης καὶ ξηρασίης συγκεκαυμένον παχύ ἐστι. πολλάκις δὲ καὶ ἐς τὴν περιπλευμονίην μεθίσταται καὶ ἦν μεταστῇ, τάχα ἀποθνήσκει.

Τοῦτον ὥδε χρὴ θεραπεύειν· λούειν θερμῷ δις ἢ τρίς ἡμέρης ἐκάστης πλὴν τῆς κεφαλῆς, καὶ ἐν τῇσι κρίσεσιν οὐ χρὴ λούειν· καὶ τὰς μὲν πρώτας τῶν ἡμερέων ὑποκαθαίρειν καὶ ὑδροποτέειν· καὶ γὰρ ἔμετον ἄγει τὸ ὕδωρ ὥς ἐπὶ τὸ πολὺ· τὰς δ' ὑστέρας μετὰ τὴν κάθαρσιν ὑγραίνειν, καὶ ῥυφήμιοι χρῆσθαι καὶ οἶνοισι γλυκέειν. ἦν δὲ μὴ ἐξ ἀρχῆς παραλάβῃς, ἀλλ' ἤδη τῶν ἐν τῇ γλώσση σημείων ἔοντων, ἔαν χρῇ, ἕως ἂν αἱ κρίσεις παρέλθωσι καὶ τὰ τῆς γλώσσης σημεία ἡπιώτερα γένηται, καὶ μήτε φάρμακον δῶς μήτε κλύσης ἐς κάθαρσιν, πρὶν αἱ κρίσεις παρέλθωσιν.

<sup>1</sup> Θ: χολώδεα M.

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stays its normal colour, but is very dry; with time, it becomes hard, rough and thick, then dark. Now if the tongue suffers these things at the beginning, the crises occur sooner; if it suffers them later, the crises take longer. Concerning recovery, the tongue gives all the same indications as in pneumonia. Urines that are green or bloody are painful, but if yellow, they are less so. The sputum, being burnt up by the heat and dryness, is thick. There is often a change to pneumonia, too, and if this occurs, the patient soon dies.

You must treat this patient as follows: wash him with hot water two or three times every day, except for his head—during the crises, you must not wash. The first days clean him downwards, and give him water to drink, for water usually provokes vomiting. The days after the cleaning, moisten him and employ gruels and sweet wines. If you have not attended the patient from the beginning, but only after the signs in his tongue were already present, you must withhold treatment until his crises arrive and the signs become fainter; before the crises, for the purpose of cleaning give neither a medication nor an enema.



7. "Όταν δ' ὁ πλεύμων πρησθῇ<sup>1</sup> ὑπὸ φλεγμα-  
σίης<sup>2</sup> καὶ οἰδήσῃ, βῆξ ἔχει ἰσχυρὴ καὶ σκληρὴ καὶ  
ὀρθοπνοίῃ καὶ ἀναπνεῖ ἀθρόον, καὶ πυκνὸν  
ἀσθμαίνει, καὶ ἰδίει καὶ τοὺς μυκτῆρας ἀναπετάν-  
νυσιν ὡς ἵππος δραμών, καὶ τὴν γλῶσσαν θαμινὰ  
ἐκβάλλει καὶ τὰ στήθεα αὐτῷ ἀεῖδειν δοκέει καὶ  
βάρος ἐνεῖναι, διὸ χωρέειν οὐ δύναται τὰ στήθεα,  
ἀλλὰ διαρρήγνυται καὶ ἀδυνατέει. ἡ δ' ὀδύνη  
126 ὁξέῃ ἴσχει τὸν νῶτον καὶ τὰ στήθεα. | καὶ τὰς  
πλευρὰς ὡς βελόνας κεντέουσι, καὶ καίεται ταῦτα  
ὡς πρὸς πυρὶ καθιζόμενος· καὶ ἐρυθήματα ἐκφλύει  
ἐς τὸ στήθος καὶ τὸν νῶτον ὡς φλογοειδέα.<sup>3</sup> καὶ  
δηγμὸς ἰσχυρὸς ἐμπίπτει καὶ ἀπορίῃ, ὥστε οὔτε  
κατακεῖσθαι οὔθ' ἴστασθαι οὔτε καθίζεσθαι οἷός τ'  
ἐστίν, ἀλλ' ἀπορέει ἀλύων ριπτάζει τε ἑωυτόν,  
καὶ δοκέει ἤδη ἀποθανεῖσθαι. ἀποθνήσκει δὲ  
μάλιστα τεταρταῖος ἢ ἑβδομαῖος· ἦν δὲ ταύτας  
ἐκφύγη, οὐ μάλα ἀποθνήσκει.

Τοῦτον ἦν θεραπείης, τὴν κάτω κοιλίην ὡς  
τάχιστα καθῆραι κλύσματι εὖ, καὶ ἀπὸ τῶν  
ἀγκώνων καὶ τῆς ῥινὸς καὶ τῆς γλώσσης καὶ  
πάντοθεν αἷμα ἀφιέναι καὶ πώματα διδόναι ψυκ-  
τικὰ καὶ ῥυφήματα τὰ αὐτὰ δυνάμενα, καὶ τῶν  
οὖρητικῶν, μὴ θερμαινόντων δέ, πολλάκις διδό-  
ναι, καὶ πρὸς μὲν τὰς ὀδύνας αὐτάς, ὅταν κατα-

<sup>1</sup> Iouanina (p. 376): πρησθῇ Θ: πλησθῇ M

<sup>3</sup> M: φολιδοειδές Θ.



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7. When the lung is distended with phlegmasia and swells up, a violent harsh cough and orthopnoea set in. The patient respires rapidly, gasps frequently for breath, sweats, dilates his nostrils like a running horse, and continually protrudes his tongue. His chest seems to sing and to contain a heaviness that prevents it from moving; in fact, it feels torn, and is powerless. Sharp pain is present in the patient's back and chest, needles, as it were, prick his sides, and he burns in these areas as though he were sitting next to a fire; red patches like flames erupt on his chest and back. A violent gnawing pain attacks the patient, and he is in such straits that he can neither lie down, nor stand up, nor sit; he is distraught and casts himself about, and seems already on the point of death. He usually dies on the fourth or seventh day; if he survives that many, death is rare.

If you treat this patient, clean out his lower cavity thoroughly as quickly as possible with an enema, and draw blood from the bends of his arms, his nose, his tongue, and in fact all over. Give him cooling drinks, gruels that have the same effect, and also frequent diuretics that are not warming. Against the pains themselves, when they are

γίζωσι. χλιάσματα κοῦφα καὶ ὑγρά χρή προσ-  
φέροντα χλιαίνειν καὶ ὑγραίνειν τὸν τόπον. οὐ ἂν ἦ  
ὁδύνη<sup>1</sup> πρὸς δὲ τὰ ἄλλα ψυκτῆρια προσίσχυν, τὸ  
μὲν ἀφαιρέοντα, τὸ δὲ προστιθέντα, καὶ ἦν<sup>2</sup> κατα-  
καίηται, ψῦχος ποιεῖν ἀοινεῖν δὲ τὸ πάμπαν.

8. Ὅταν δ' ἀπὸ τῆς κεφαλῆς ἀρξαμένη ὁδύνη  
ὀξέῃ ἀφωνον ποιήσῃ παραχρῆμα—ἄλλως τε καὶ ἐκ  
μέθης—οὗτος ἀποθνήσκει ἐβδομαῖος, ἥσσον  
δὲ τοῖσιν ἐκ τῆς μέθης θανάσιμα ἦν γὰρ ῥήξωσι  
φωνὴν αὐθημερὸν ἢ τριταῖοι.<sup>3</sup> ὑγιέες εἰσὶ  
ποιέουσι δ' ἐκ τῆς μέθης ἔνιοι τοῦτο, οἳ δ' ἕτεροι<sup>4</sup>  
ἀπόλλυνται.

128 Τούτοισι παρμούς τε ἐμποιέειν ἰσχυροὺς καὶ  
ὑποκλύσαι, ὅ τι χολὴν ἄξει σφόδρα καὶ | ἦν ἐπαί-  
σθηται, ὁπὸν θαψίης δοῦναι ἐν πολλῷ τῷ ὑγρῷ  
καὶ θερμῷ, ἵνα ὡς τάχιστα ἀπεμέσῃ ἔπειτα  
ἀπισχναίνειν καὶ ἀοινεῖν ἑπτὰ ἡμέρας ἀφαιρέειν  
δὲ καὶ ἀπὸ τῆς γλώσσης αἷμα, ἦν δύνη λαβεῖν  
φλέβα.

9. Φρενίτις δὲ γίνεται καὶ ἐξ ἐτέρης νούσου  
πάσχουσι δὲ τάδε τὰς φρένας ἀλγέουσιν, ὥστε  
μὴ εἶσαι ἂν ἄψασθαι, καὶ πῦρ ἔχει, καὶ ἐκφρονές  
εἰσι, καὶ ἀτενὲς βλέπουσι, καὶ τὰλλα παραπλήσια  
ποιέουσι τοῖσιν ἐν τῇσι περιπλευμονίησιν, ὅταν

<sup>1</sup> προσφέροντα . . . ὁδύνη M: πρὸς ἴσχειν Θ. <sup>2</sup> ἦν Θ: ὅκου ἂν M.

<sup>3</sup> τριταῖοι Θ: τῇ ὑστεραίῃ ἢ τῇ M.

<sup>4</sup> αἳ δ' ἕτεροι Θ: αἰδέονται M

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pressing, you must apply light moist fomentations to warm and moisten the place where the pain happens to be. Against the rest apply cooling agents; apply and remove these alternately. If the patient is consumed with heat, cool him. Have him abstain totally from wine.

8. When a sharp pain beginning from the head suddenly makes a person speechless—both in consequence of drunkenness and otherwise—the person dies on the seventh day. This condition is less often fatal in cases where it arises from drunkenness; for if patients' voices break through on the same day, or on the third day, they have recovered; some who have the condition from drunkenness do this, the rest die.

In these patients induce energetic sneezing, and give an enema that will draw bile effectively. If a patient recovers his senses, give him thapsia juice in adequate warm fluid, in order that he will vomit as soon as possible. Then make him lean, and have him abstain from wine for seven days. Also draw blood from his tongue, if you can catch hold of the vessel.

9. Phrenitis can also develop out of another disease. Patients suffer as follows: they experience such pain in the diaphragm that they will not allow themselves to be touched, there is fever, they are deranged, they stare fixedly, and for the rest they resemble patients with pneumonia that are

[οἱ ἐν τῇ περιπλευμονίῃ]<sup>1</sup> ἔκφρονες ἔωσι.

Τοῦτον χλιαίνειν χλιάσμασιν ὑγροῖσι καὶ πώμασι πλήν οἴνου καὶ ἦν μὲν οἴός τε ἦ. ἀποκαθαίρειν ἄνω, βηχί τε καὶ πτύσει ἀνάγειν χρῆ ὥσπερ ἐν τῇ περιπλευμονίῃ εἰ δὲ μή. τὴν κάτω κοιλὴν παρασκευάζειν ὅπως ὑποχωρήῃ ὑγραίνειν δὲ πώματι ἀγαθὸν γάρ. ἡ δὲ νοῦσος θανατώδης ἀποθνήσκουσι δὲ τριταῖοι ἢ πεμπταῖοι ἢ ἑβδομαῖοι ἦν δὲ ἡπίως ληφθῇ. κρίνει ὡς περιπλευμονίῃ.

10. Ὑπὸ δὲ τῆς κυνάγχης λεγομένης πνίγεται τε ὠνθρωπος καὶ ἐν τῇ φάρυγγι ὡς μῆλον<sup>2</sup> δοκέει ἐνέχεσθαι καὶ κατασπᾶ οὔτε τὸ σίαλον οὔτ' ἄλλ' οὐδέν· καὶ οἱ ὀφθαλμοὶ πονέουσιν τε καὶ ἐξέχουσιν ὡς ἀγχομένοισι, καὶ ἐκβλέπει αὐτοῖσιν ἀτενὲς καὶ στρέφειν σφέας οὐχ οἴός τε καὶ <ἀ>λύζει<sup>3</sup> καὶ ἀναΐσσει θαμινά καὶ τὸ πρόσωπον καὶ ἡ φάρυγξ πίμπραται, ἀτὰρ καὶ ὁ τράχηλος ὑπὸ δὲ τοῖσιν οὔασιν<sup>4</sup> οὐδὲν κακὸν ἔχειν δοκέει καὶ ὄρᾳ καὶ ἀκούει ἀμβλύτερον, καὶ ὑπὸ τοῦ πνιγμοῦ οὐκ ἔννοός ἐστιν. οὔτ' ἦν τι λέγῃ | οὔτ' ἦν τι ἀκούῃ ἢ ποιέῃ· ἀλλὰ κεχηνῶς κεῖται σιαλοχ<ο>έων. τοιάδε ποιέων οὗτος ἀποθνήσκει πεμπταῖος ἢ ἑβδομαῖος ἢ ἐναταῖος.<sup>5</sup> ὅταν δὲ τούτων

<sup>1</sup> Del. Potter.

<sup>2</sup> ὡς μῆλον Θ: οἱ μάλλον M.

<sup>3</sup> Cornarius/Latin: λύζει ΘM.

<sup>4</sup> ὑπὸ . . . οὔασιν Θ: τοῖσι δὲ

ὀρέωσι M.

<sup>5</sup> ἡ ἐναταῖος om. Θ.

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deranged.

Warm this patient with warm moist fomentations and with drinks other than wine. If he can stand it, clean him upwards; he must bring up material by coughing and expectoration just as in pneumonia; if he fails to do this, prepare the lower cavity in order to evacuate it; moisten the patient with drink, for that helps. The disease is usually mortal, and patients die on the third, fifth or seventh day. If the case is a mild one, it has its crisis the way pneumonia does.

10. With angina, as it is called, the person chokes and seems to have something like an apple caught in his throat, so that he is unable to swallow either his saliva or anything else. His eyes hurt and protrude as in those that are being strangled, they stare fixedly, and he cannot turn them. The patient is distraught, and casts himself about incessantly. His face, throat and neck are distended,<sup>1</sup> but below his ears he appears normal. He sees and hears less keenly than before and, because of the strangulation, is not aware of what he says or hears or does; he just lies there with his mouth open, drooling. In this case the patient dies on the fifth, seventh or ninth day. When any of the signs

<sup>1</sup> The verb *πυμπράναι* can also mean "burn", and may here indicate the presence of inflammation.

τι ἀπὴ τῶν σημείων, χαλαρωτέραν δηλοῖ τὴν νοῦσον, καὶ καλέουσι παρακυνάγχην.

Τούτων φλεβοτομέειν χρὴ μάλιστα μὲν ὑπὸ τὸν τιτθόν συνακολουθεῖ γὰρ ταύτῃ ἐκ τοῦ πλεύμονος θερμὸν πνεῦμα· χρὴ δὲ καὶ τὰ κάτω καθαίρειν φαρμάκῳ ἢ κλύσματι καὶ τοὺς αὐλίσκους παρῶσαι ἐς τὴν φάρυγγα κατὰ τὰς γνάθους. ὥς ἔλκεται τὸ πνεῦμα ἐς τὸν πλεύμονα καὶ ποιεῖν ὥς τάχιστα πτύσαι καὶ ἰσχυαίνειν τὸν πλεύμονα καὶ ὑποθυμῖαν ὕσσωπον Κιλίκιον καὶ θεῖον καὶ ἄσφαλτον, καὶ ἔλκειν διὰ τῶν αὐλίσκων καὶ διὰ τῶν ῥινῶν, ὥς ἐξίῃ φλέγμα· καὶ τὴν φάρυγγα καὶ τὴν γλῶσσαν ἀνατρίβειν τοῖσι τὸ φλέγμα ἄγουσι καὶ τὰς φλέβας τὰς ὑπὸ τῇ γλῶσση τάμνειν, ἀφιέναι δὲ καὶ ἐκ τῶν ἀγκώνων, ἣν ἰσχύη ἀοινεῖν δὲ καὶ ῥυφεῖν πτισάνης χυλὸν λεπτόν<sup>1</sup> ἐπειδὰν δὲ ἀνῇ ἡ νοῦσος καὶ σιτίων γεύηται, ἐλατηρίῳ νέῳ περικαθῆραι, ἵνα μὴ ἐτέρῳ κακῷ περιπέσῃ.

11. Ἴκτερος δὲ τοιόσδ' ἐστὶν ὁξύς καὶ διὰ τάχους ἀποκτείνων ἢ χροιὴ ὅλη σιδιοειδῆς σφόδρα ἐστί, χλωροτέρη ἢ οἱ σαῦροι οἱ χλωροί παρόμοιος δὲ καὶ ὁ χρώς, καὶ τῷ οὖρῳ ὑφίσταται οἷον ὀρόβιον πυρρὸν καὶ πυρετὸς καὶ φρίκη βληχρὴ ἴσχει ἐνίοτε δὲ καὶ τὸ ἱμάτιον οὐκ ἀνέχεται ἔχων, ἀλλὰ δάκνεται καὶ ξύεται καὶ ἄσιτος ἔων τὰ ἐωθινὰ τὰ σπλάγχνα ἀμύσσεται ὥς ἐπὶ τὸ πολὺ, καὶ ὅταν

<sup>1</sup> λεπτόν om. Θ.

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mentioned is absent, it shows that the disease is milder, and people call it "parangina".

You must phlebotomize this patient, best of all under the nipple; for there warm breath follows, out of the lung. You must also clean out the lower cavity with a medication or enema, and insert tubes into the throat behind the jaws, in order that air may be drawn into the lung. Induce expectoration as soon as possible, and dry up the lung: burn Cilician hyssop, sulphur and asphalt, and have the patient draw the vapours through the tubes into his nostrils, in order to discharge the phlegm; also anoint the throat and tongue with agents that draw phlegm. If the patient is strong, incise the vessels under his tongue, and draw blood from the bends of his arms; let him abstain from wine, and drink thin barley-water gruel. When the disease goes away, and the patient has tasted food, clean him out thoroughly with fresh squirting-cucumber juice, in order that he does not fall into some new evil.

11. The acute and rapidly fatal jaundice is as follows: the whole skin is very much the colour of pomegranate-peel, greener than green lizards, and the body the same. In the urine a reddish sediment like vetch-meal precipitates; fever and mild shivering are present. Sometimes the patient will not even tolerate having his blanket on, but it scratches and irritates him; in the morning, before he has eaten, his inward parts usually suffer tearing pains, and when anyone wakes him up or talks



ἀνιστῇ τις αὐτὸν ἢ προσδιαλέγεται, οὐκ ἀνέχεται. οὗτος ὥς ἐπὶ τὸ πολὺ ἀποθνήσκει ἐντὸς τεσσερεσκαίδεκα ἡμερέων ταύτας δὲ διαφυγῶν ὑγιῆς.

132 Χρὴ δὲ θερμολουτέειν τε καὶ πίνειν μελί-  
κρη|τον σὺν καρύων Θασίων λεπτισθέντων<sup>1</sup> καὶ  
ἀψινθίου κόμης ἴσω, ἀννίσου σεσησμένου ἡμίσει<sup>2</sup>  
πίνειν ὀλκῆς τριώβολον νῆστις καὶ πάλιν ἐς  
κοίτην τὸ μελίκρητον τοῦτο<sup>3</sup> καὶ οἶνον λεπτὸν  
παλαιὸν καὶ ῥυφήματα ἀσιτέειν δὲ μή.

12. Οἱ δὲ τέτανοι ἢ ἐπιλάβωσιν, αἱ γένυες  
πεπήγασιν ὥς ξύλιναι, καὶ τὸ στόμα διαίρειν οὐ  
δύνανται, καὶ οἱ ὀφθαλμοὶ δακρύουσί τε καὶ ἰλλαί-  
νονται καὶ τὸ μετὰφρενον πέπηγε, καὶ τὰ σκέλεα  
οὐ δύνανται συνάγειν, ὁμοίως<sup>4</sup> οὐδὲ τὰς χεῖρας  
καὶ τὸ πρόσωπον ἐρεύθει, καὶ<sup>5</sup> σφόδρα ὀδυνᾶται,  
καὶ ὅταν ἀποθνήσκειν μέλλῃ, ἀνεμέει διὰ τῶν ῥινῶν  
τὸ πῶμα καὶ τὸ ῥύφημα καὶ τὸ φλέγμα. οὗτος  
τριταῖος ἢ πεμπταῖος ἢ ἑβδομαῖος ἢ τεσσερεσκαί-  
δεκαταῖος ἀπόλλυται ταύτας δὲ διαφυγῶν ὑγιῆς  
γίνεται.

Τούτῳ διδόναι κατάποτα πέπερι καὶ ἐλλέβο-  
ρον μέλανα, καὶ ζωμὸν ὀρνίθειον πίονα θερμόν  
καὶ πταρμιούς ἰσχυροὺς καὶ πολλοὺς ἐμποιέειν καὶ

<sup>1</sup> I<sup>2</sup>: λεπτισθέντων M.    <sup>2</sup> ἴσω . . . ἡμίσει Potter: ἴσον . . . ἡμισυ M.

<sup>3</sup> σὺν καρύων Θασίων . . . τοῦτο om. Θ.    <sup>4</sup> ὁμοίως om. Θ.

<sup>5</sup> ἐρεύθει, καὶ om. Θ.



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to him, he will not tolerate it. The patient generally dies within fourteen days; if he survives that many, he recovers.

The patient must employ warm baths, and drink melicrat with equal amounts of shelled Thasian nuts<sup>1</sup> and wormwood leaves, and half as much sifted anise; he must drink three obols' weight in the morning before eating, and on retiring this melicrat again together with light aged wine, and gruels. Let him not go without eating.

12. When tetanus occurs, the jaws become as hard as wood, and patients cannot open their mouths. Their eyes shed tears and look awry, their backs become rigid, and they cannot adduct their legs; similarly, not their arms either. The patient's face becomes red, he suffers great pain and, when he is on the point of death, he vomits drink, gruel and phlegm through his nostrils. This patient generally dies on the third, fifth, seventh or fourteenth day; if he survives for that many, he recovers.

Give him pills of pepper and black hellebore, and warm fat bird soup. Induce frequent energetic sneezing, and treat with vapour-baths; when you do

<sup>1</sup> Almonds.

πυριᾶν ὅταν δὲ μὴ πυριᾶς, τὰ χλιάσματα προσ-  
τιθέναι ὑγρὰ καὶ λιπαρὰ ἐν κύστεσι καὶ ἀσκίοισι  
πανταχόθεν. μάλιστα δὲ πρὸς τὰ ὀδυνώμενα, καὶ  
ἀλείφειν θερμῷ καὶ πολλῷ πολλάκις.

13. Ὁ δὲ ὀπισθότονος τὰ μὲν ἄλλα ὡς ἐπὶ τὸ  
πολὺ ὡσαύτως, σπᾶται δ' εἰς τοῦ'πισθε καὶ βοᾷ  
ἐνίοτε, καὶ ὀδύναι ἴσχουσιν ἰσχυραί, καὶ συνάγειν  
ἐνίοτε οὐκ ἐᾷ τὰ σκέλεα οὐδὲ τὰς χεῖρας ἐκτεῖναι  
ξυγκεκαμμένοι γὰρ οἱ ἀγκῶνες γίνονται, καὶ τοὺς  
δακτύλους πῦξ ἔχει, καὶ τὸν μέγαν δάκτυλον τοῖ-  
σιν ἄλλοισι κατέχει ὡς ἐπὶ τὸ πολὺ καὶ βοᾷ καὶ  
φλυηρέει ἐνίοτε, καὶ οὐ δύναται ἑωυτὸν κατέχειν,  
ἀλλ' ἀναΐσσει ἐνίοτε, ὅταν ἡ ὀδύνη ἔχῃ ὅτε δὲ  
ἀνίησιν ἡ ὀδύνη, ἡσυχίην ἔχει ἐνίοτε δὲ καὶ ἄφω-  
134 νοι γίνονται ἅμα ἀλίσκόμενοι | ἢ μανικοί τι ἢ  
μελαγχολικοί οὔτοι τριτάτοι ἀποθνήσκουσι τῆς  
φωνῆς λυθείσης καὶ ἀνεμέουσι διὰ τῶν ῥινῶν καὶ  
οὔτοι τὰς δὲ τεσσερεσκαίδεκα διαφυγὼν ὑγιής.

Θεραπεύειν δὲ ὡς τὸν ἄνω ἢν δὲ βούλη, καὶ  
ᾧδε ποιέειν ὕδωρ ὡς πλεῖστοι ψυχρὸν καταχέας  
ἐπειτα ἱμάτια θερμὰ καὶ καθαρὰ καὶ πολλὰ καὶ  
λεπτὰ ἐπιβάλλειν, πῦρ δὲ τότε<sup>2</sup> μὴ προσφέρειν.  
ᾧδε καὶ τοὺς τετανικοὺς καὶ τοὺς ὀπισθοτονικοὺς<sup>3</sup>  
ποιέειν.

<sup>1</sup> Potter: τε ἢ Θ: τε καὶ M.  
. ὀπισθοτόνους M.

<sup>2</sup> τότε om. Θ.

<sup>3</sup> Θ: τετάνους

### DISEASES III

not employ vapour-baths, apply moist rich fomentations in bladders and small leather skins to all parts of the body, especially the painful ones, and anoint often with plentiful warm oil.

13. Opisthotonus is mainly the same, except that the patient is drawn backwards. He sometimes cries out, his pains are violent, and sometimes the disease does not allow him to adduct his legs or to extend his arms; for the elbows become flexed, and he holds his fingers in a fist, usually enclosing the thumb inside the other digits. The patient cries out and sometimes talks nonsense; when the pain is present, he is unable to restrain himself, casting himself about, but when it remits, he is still. Sometimes they may also become speechless during an attack, at the same time being seized by some sort of rage or melancholy: such patients generally die on the third day after becoming speechless. These patients, too, vomit through their nostrils. If one survives for fourteen days, he recovers.

Treat as the patient above: if you wish, do the following as well: pour a very large amount of cold water over the patient, then cover him with large clean warm light blankets, and during this time do not bring fire close to him. Do this both for tetanus and for opisthotonus.

14. Εἰλλεοὶ δὲ γίνονται τῆς ἄνω κοιλίης θερμαινομένης καὶ τῆς κάτω ψυχομένης· συναναίνεται γὰρ τὸ ἔντερον<sup>1</sup> ὥστε μήτε τὸ πνεῦμα μήτε τὰς τροφὰς διεξιέναι. ἀλλὰ τὴν γαστέρα ξηρὴν εἶναι, καὶ ἐμέει· ἐνίοτε, πρῶτον μὲν φλεγματώδεα, ἔπειτα χολώδεα, τελευτῶν δὲ κόπρον. καὶ δίψα ἔχει. καὶ ὀδύνη ἔχει. μάλιστα μὲν πρὸς τὰ ὑποχόνδρια· ἀλγέει δὲ καὶ ὅλην τὴν γαστέρα καὶ πεφύσεται καὶ λύζει.<sup>3</sup> καὶ πυρετοὶ ἐπιλαμβάνουσι. γίνεται δὲ μάλιστα μετοπώρου· ἀποθνήσκει δὲ μάλιστα<sup>4</sup> ἑβδομαῖος.

Τοῦτον ὧδε θεραπεύειν· καθῆραι τὴν ἄνω κοιλίην ὡς τάχιστα, καὶ αἷμα ἀφαιρέειν ἀπὸ τῆς κεφαλῆς καὶ τῶν ἀγκώνων, ἵνα παύσεται ἡ ἄνω κοιλίη θερμαινομένη.<sup>5</sup> καὶ ψύχειν τὰ ἄνω τῶν φρενῶν πλὴν τῆς καρδίας· τὰ δὲ κάτω θερμαίνειν ἐν σκάφῃ ὕδατος θερμοῦ καθίζων· καὶ ἀλείφειν αἰεὶ, καὶ χλιάσματα ὑγρὰ προστιθέναι· καὶ βάλανον μέλιτος μόνου ποιέων ὡς δέκα δακτύλων καὶ ἄκρω<sup>6</sup>· χολὴν ταύρου ἐς· τὸ πρόσθεν προσπλάσσω· πρόσθες καὶ δις καὶ τρίς, ὡς πάντα τὰ συγκεκαυμένα περὶ τὸν ἀρχὸν ἐξαγάγῃς τῆς

<sup>1</sup> M adds καὶ συμπιέεται ὑπὸ τῆς φλεγμῆος.

<sup>2</sup> Ermerins:

ἐμέειν ΘΜ.

<sup>3</sup> καὶ πεφύσεται καὶ λύζει om. Θ.

<sup>4</sup> μετοπώρου

... μάλιστα om. M.

<sup>5</sup> M: -νουσα Θ.

<sup>6</sup> καὶ ἄκρω Potter: ἐξ

ἄκρου ΘΜ.

<sup>7</sup> M: ὡς Θ.

<sup>8</sup> M: ὡς Θ.

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14. Ileus occurs when the upper cavity is heated, and the lower one is cooled; for the intestine dries up, so that neither air nor food can pass through it, and the belly becomes costive. The patient sometimes vomits first material that is like phlegm, then like bile, and finally faeces. There are thirst and pain, especially in the hypochondrium; the patient also has pain throughout his whole belly with distention, and hiccups; fever, too, comes on. This disease occurs in fall, in most cases, and the patient generally dies on the seventh day.

Treat this patient as follows: clean out his upper cavity as quickly as possible, draw blood from his head and the bends of his arms, in order to remove the overheating of the upper cavity, and cool the region above the diaphragm, except for the heart. Warm the lower cavity by sitting the patient in a basin of hot water; anoint him often and apply moist fomentations. Form a suppository of pure honey ten fingers long and, smearing the anterior tip with bull's gall, introduce it two or three times, in order to remove all the fecal material that has

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κόπρου· καὶ ἦν μὲν οὕτως ὑπακούη, κλύζειν ἐπὶ |  
 τοῦτοισιν· εἰ δὲ μή, φῦσαν λαβὼν χαλκευτικὴν  
 ἐσιέναι καὶ φυσᾶν ἐς τὴν κοιλίην, ἵνα διαστήσῃς  
 τὴν τε κοιλίην καὶ τὴν τοῦ ἐντέρου συστολήν·<sup>1</sup>  
 εἶτα πάλιν ἐξελὼν τὴν φῦσαν κλύσαι εὐθύς·  
 ἔτοιμον δ' ἔστω τὸ κλύσμα, μὴ πολὺ τῶν θερμαν-  
 τικῶν, ἀλλὰ διαλυόντων τὰς κόπρους καὶ τηκόν-  
 των· εἶτα βύσας τὴν ἔδρην σπόγγῳ, καθήσθω ἐν  
 ὕδατι θερμῷ κατέχων τὸ κλύσμα, καὶ ἦν δέξεται  
 τὸ κλύσμα καὶ πάλιν μεθῇ, ὑγιής. ἐν δὲ τῷ  
 πρόσθεν χρόνῳ μέλι τε ὥς κάλλιστον λειχέτω,  
 καὶ οἶνον αὐτίτην<sup>2</sup> πινέτω εὐζωρον. ἦν δὲ τοῦ εἰ-  
 λεοῦ ἀφέντος πυρετὸς ἐπιλάβῃ, ἀνέλπιστος· ἴσως  
 γὰρ ἢ κάτω κοιλίῃ λυθεῖσα συναποκτείνειεν ἄν.

15. Ἡ δὲ περιπλευμονίη τοιάδε ποιεῖ· πυρε-  
 τὸς τε ἰσχυρὸς<sup>3</sup> ἴσχει, καὶ πνεῦμα πυκινὸν καὶ  
 θερμὸν ἀναπνέι, καὶ ἀπορίη καὶ ἀδυναμία καὶ  
 ῥιπτασμός καὶ ὀδύνη ὑπὸ τὴν ὠμοπλάτην καὶ ἐς  
 τὴν κληῖδα καὶ ἐς τὸν τιτθόν, καὶ βάρος ἐν τοῖσι  
 στήθεσι<sup>4</sup> καὶ παραφροσύνη. ἔστι δὲ οἷσιν ἀνώδυ-  
 νός ἐστιν, ἕως ἄρξωνται βήσσειν πολυχρονιωτέρῃ  
 δὲ καὶ χαλεπωτέρῃ κείνης.

Τὸ δὲ σίαλον λευκὸν καὶ ἀφρῶδες πτύει πρῶ-  
 τον, καὶ ἡ γλῶσσα ξανθή· προΐόντος δὲ τοῦ χρόνου  
 μελαίνεται ἦν μὲν οὖν ἐν ἀρχῇ μελαίνεται, θάσ-

<sup>1</sup> Potter: ἐιστάλειν Θ; αἰστάλειν M.  
 ναυτίτην Θ; αὐγίτην M.

<sup>3</sup> Θ: δέξυς M.

<sup>2</sup> Vander Linden:  
<sup>4</sup> M adds ἐνίοτε δὲ.

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been burnt dry about the anus. If this succeeds, follow it with an enema; if not, take a bronzsmith's bellows and, introducing this, blow air into the cavity in order to open up the cavity and the intestinal contraction. Then remove the bellows and immediately administer an enema; let the enema be prepared beforehand and not too warming, but capable of dissolving and melting the faeces; then stop the anus with a sponge, and let the patient sit in hot water while retaining the enema; if he takes the enema fluid in and then sends it forth again, he recovers. Before this let the patient take some of the best honey you have, and drink new wine unmixed with water. If, after the obstruction has been resolved, fever comes on, the case is hopeless, because the lower cavity, being relaxed, will in all likelihood combine with the fever to kill the patient.

15. In pneumonia the following happens: there is violent fever, and the patient's breathing is rapid and hot; he is distraught, weak and restless, and beneath his shoulder-blade he suffers pain that radiates toward his collar-bone and nipple; he has a heaviness in his chest, and he is deranged. In some patients, there is no pain until they begin to cough; this pneumonia lasts longer and is severer than the one with pain from the beginning.

The patient first expectorates white frothy sputum, and his tongue is yellow; as time passes, the tongue becomes dark. Now if it becomes dark at

σους αἱ ἀπαλλάξεις ἦν δ' ὕστερον, σχολαίτεραι τελευτῶσι δὲ καὶ ῥήγνυνται ἢ γλῶσσα, καὶ ἦν προσθῆς τὸν δάκτυλον, θράσσεται<sup>1</sup> τὴν δ' ἀπάλλαξιν τῆς νούσου σημαίνει ἢ γλῶσσα, ὥσπερ καὶ ἐν τῇ πλευρίτιδι ὁμοίως.

138 Ταῦτα δὲ πάσχει ἡμέρας τεσσερεσκαίδεκα τοῦλάχιστον, τὸ πλεῖστον δὲ εἴκοσι καὶ μίαν καὶ βήσσει τοῦτον τὸν χρόνον σφόδρα, καὶ καθαίρεται ἅμα τῇ βηχί τὸ μὲν πρῶτον πολὺ | καὶ ἀφρῶδες σίαλον, ἐβδόμη δὲ καὶ ὀγδόη—ὅταν ὁ πυρετὸς ἐνακμάζῃ—ἦν ὑγρὴ ἢ περιπλευμονίῃ ἦ, παχύτερον εἰ δὲ μὴ, οὐ ἐνάτῃ δὲ καὶ δεκάτῃ ὑπόχλωρον καὶ ὑφαιμον, δωδεκάτῃ δὲ μέχρι τεσσερεσκαίδεκάτης, πολὺ καὶ πυῶδες.

Ὡν ὑγραί εἰσιν αἱ τε φύσεις καὶ αἱ διαθέσεις τοῦ σώματος, ἀτὰρ καὶ ἡ νοῦσος ἰσχυρὴ ὦν δ' ἢ τε φύσις καὶ ἡ στάσις τῆς νούσου ξηρὴ, ἦσσον οὗτοι.

Ἦν μὲν οὖν πέμπτη καὶ ἕκτη ἐπὶ δέκα<sup>2</sup> ξηρανθῇ καὶ μηκέτι ἀποβήσσει πυῶδες, ὑγιὴς ἐστὶν εἰ δὲ μὴ, πρόσεχε πρὸς τὰς εἴκοσι δυοῖν δεούσας καὶ τὰς εἴκοσι καὶ μίαν τὸν νόον, καὶ ἦν μὲν ἐνταῦθα παύσεται τοῦ πτύσματος, ἐκφεύγει<sup>3</sup> εἰ δὲ μὴ, ἔρου αὐτὸν εἰ γλυκύτερον τὸ σίαλον, καὶ ἦν μὲν φῆ, ὁ πλεύμων αὐτῷ ἔμπυός ἐστι, καὶ ἡ νοῦσος καθίσταται ἐνιαυσίῃ, ἦν μὲν ἐν τῇσι τεσσερά-

<sup>1</sup> Θ: ἔχεται Μ.

<sup>2</sup> πέμπτη . . . δέκα Θ: τετάρτη καὶ δεκάτη Μ.

<sup>3</sup> τοῦ πτύσματος, ἐκφεύγει Potter: ἐ. τ. π. ΘΜ.



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the beginning, recovery is more rapid, but if it becomes dark later, recovery is slower; in the end, the tongue also develops fissures, and if you touch it with your finger, the patient is irritated. The tongue gives an indication of recovery in this disease just as in pleurisy.

The patient suffers these things for at least fourteen days, at most twenty-one; he coughs hard during this time, clearing with his cough first copious frothy sputum, and then on the seventh or eighth day—whenever the fever reaches its high point—a thicker sputum, if the pneumonia happens to be a moist one; not, however, if the pneumonia is not moist. On the ninth and tenth days, the sputum is somewhat yellow-green and charged with blood; on the twelfth to the fourteenth days, it is copious and purulent.

In patients whose natures and bodily propensities are moist, the disease is severe; in those whose nature and state of disease is dry, less so.

Now if on the fifteenth and sixteenth days the patient becomes dry and no longer coughs up purulent sputum, he has recovered. If not, turn your attention to the eighteenth and twenty-first days, and if he stops expectorating then, he survives. If not, ask him if his sputum is sweetish, and if he says it is, his lung is suppurating, and the disease will last for a year, unless he exerts himself to

κονθ' ἡμέρησι σπεύδων ἀναγάγῃ τὸ πύον ἦν δὲ  
 φῆ ἀηδὲς εἶναι τὸ σίαλον, θανατώδης ἢ στάσις  
 τῆς νούσου. ἀλλ' ἐν τῇσι πρώτῃσιν κβ'<sup>1</sup> ἡμέρησι  
 μάλιστα διαδηλοῖ ἦν γὰρ ἐκπτώσῃ τὸ σαπὲν καὶ  
 τὸ πυωθὲν ἐν ἡμέρησι δύο καὶ εἴκοσι καὶ μὴ ἐλ-  
 κωθῇ, ἐκφεύγει εἰ δὲ μή, οὔ.

Αὕτη ἡ περιπλευμονίη οὐδὲν ἀπολείπει τῶν  
 ἐκ περιπλευμονίης<sup>2</sup> κακῶν ἦν οὖν τι τούτων  
 ἀπῇ τῶν κακῶν, εἰδέναι χαλαρωτέραν ἐοῦσαν<sup>3</sup>  
 τῷ κάμνοντι ἔχειν καὶ τῷ ἰητρῷ μεταχειρίζεσθαι  
 140 ἦν δὲ ὀλίγα ἔχῃ τούτων | τῶν σημείων, μὴ ἐξ-  
 απατάτω ὥς οὐ περιπλευμονίη ἐστίν· ἔστι γὰρ  
 μαλθακή.

Θεραπεύειν δ' ὧδε τὴν περιπλευμονίην—οὐ  
 μέντοι ἐξαμαρτήσῃ καὶ πλευρίτιν καὶ φρενίτιν  
 οὕτω μεταχειριζόμενος τὴν κεφαλὴν ἄρχου κου-  
 φίζων, ἵνα μηδὲν ἐπιρρέῃ ἐς τὸ στῆθος· τὰ δὲ ῥυ-  
 φήματα τὰς μὲν πρώτας ἡμέρας γλυκύτερα· οὕτω  
 γὰρ ἂν μάλιστα τὸ συγκαθήμενον καὶ τὸ συνε-  
 στηκὸς ἀποπλύνοις καὶ κινούῃς· τεταρταίοις δὲ  
 καὶ πεμπταίοις καὶ ἑκταίοις μηκέτι γλυκύτερα,  
 ἀλλὰ λιπαρά· ἐς γὰρ τὴν ἄνω πτύσιν ὑποχρέμ-  
 πτεσθαι ξυμφέρει ἦν δὲ μὴ δύνηται κατὰ λόγον  
 πτύειν, τῶν ἀναγόντων φαρμάκων διδόναι. τὰς  
 δὲ κοιλίας ἐν μὲν τῇσι πρώτῃσιν ἡμέρησι τέσσερ-

<sup>1</sup> κβ' Potter: ἢ δευτέρῃσιν Θ: om. M.

<sup>2</sup> ἐκ π. Θ: ἐν τῷ πλείονι  
 ἐόντων M.

<sup>3</sup> χ. ε. Potter: χρὴ δεοῦσαν Θ: χρὴ ὅσα τε M.

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bring up the pus in forty days. If he says the sputum has a foul taste, the state of his disease is mortal. The sputum generally gives an indication in the first twenty-two days, for, if putrefied purulent material is coughed up in twenty-two days, and if there is no ulceration, the patient escapes; otherwise, he does not.

This pneumonia lacks none of the evils of pneumonia; now if any of these evils should be absent, know that the disease will be easier for the patient to bear and for the physician to treat. However, if the patient has only a few of the signs, do not be deceived into thinking that it is not really pneumonia; for it is, only a mild one.

Treat pneumonia as follows (indeed, it would not be a mistake to handle pleurisy and phrenitis in the same way): begin by lightening the head, in order that no flux to the chest will occur. On the first days, gruels should be sweetish, for with these you will best wash away and remove what has been deposited and congealed in the chest; on the fourth, fifth and sixth days, change from sweet to rich ones, for this helps the patient to cough up sputum gently; if he is unable to expectorate as he should, give expectorant medications. In the first four or five days, you must evacuate the cavities, and quite

σιν ἢ πέντε ὑποχωρέειν χρή καὶ ὀλίγω μᾶλλον.  
 ἵνα οἱ τε πυρετοὶ ἀμβλύτεροι ἔωσι καὶ τὰ λήγμα-  
 τα κουφότερα· ὅταν δὲ κεκενωμένος ἦ καὶ ἀσθε-  
 νῆς τὸ σῶμα, τὴν κάτω κοιλίην διὰ τρίτης ὑπο-  
 κινέειν, ἵνα τό τε σῶμα μὴ ἀδύνατον ἦ καὶ τὰ ἄνω<sup>1</sup>  
 χωρία ἔνυγρα·<sup>2</sup> ἦν γὰρ κάτω τὸ ὑγρὸν πολλὸν  
 ὑποχωρέη ἀπὸ τῆς πέμπτης ἡμέρης, θάνατον  
 ποιεῖ· κάτω γὰρ τοῦ ὑγροῦ ὑποχωρέοντος, τὰ  
 ἄνω ξηραίνεται, καὶ ἡ καθάρσις ἡ τοῦ πτύσματος  
 οὐ χωρέει ἄνω. δεῖ οὖν καὶ τὴν κάτω<sup>3</sup> κοιλίην  
 μήθ' ἐστάναι, ἵνα μὴ ὀξέες ἔωσιν οἱ πυρετοί, μήτε  
 λίην ὑποχωρέειν, ἵνα τὸ σίαλον ἀνιέναι δύνηται  
 καὶ ἰσχύη ὁ κάμνων. φάρμακα δὲ τῆς ἀναγωγῆς  
 ἐκταίοισι καὶ ὀγδοαίοισι<sup>4</sup> καὶ ἔτι περαιτέρω ἐοῦσι  
 τῆς νούσου δίδου τὸ δὲ φάρμακον ἔστω ἐλλέβορος  
 λευκός, θαψίη, ἐλατήριον νέον, ἴσον ἐκάστου.

Ἦν δὲ τὸ σίελον μὴ καθαίρηται εὖ καὶ τὸ  
 πνεῦμα πυκνὸν ἦ καὶ τῆς καθάρσιος μὴ ἐπικρα-  
 τέη, προειπεῖν ὅτι ἀνέλπιστός ἐστι ζῆν. ἦν μὴ τῇ  
 καθάρσει δύνηται ὑπουργέειν, ποιεῖν δὲ καὶ τὰ  
 ἐν τῇ περιπλευμονίῃ, ἦν σοι τὰ τῆς κοιλίης τῆς  
 142 κάτω καλῶς ὑπουργέη.

Ποιεῖν δὲ καὶ ἄλλως ἀπὸ τῆς πρώτης ἡμέρης  
 ἀρξάμενος· δίδου ἄρου τοῦ μεγάλου [κόγχην]<sup>5</sup>  
 χηραμύδα καὶ δαύκου καὶ ἀκαλήφης μίαν καὶ

<sup>1</sup> M: κάτω Θ.<sup>2</sup> Θ: ἄνικμα M.<sup>3</sup> M: ἄνω Θ.<sup>4</sup> ὀγδοαίοισι Θ:

ἐβδομαίοισι καὶ ἑνταίοισι M.

<sup>5</sup> Del. Ermerins.

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well, in order that the fevers will be blunted and the pains lightened. However, when the body has been emptied and is weak, move the lower cavity down gently only every other day, in order that the body will retain some strength, and that the upper regions will remain adequately moist; for if too much moisture passes off below from the fifth day onwards, it leads to death; for as the moisture passes off below, the upper regions become dry, and cleaning by expectoration does not take place. In short, the lower cavity can neither be allowed to remain inactive—to prevent the fevers from being too sharp—nor be too thoroughly evacuated—in order that the sputum will be able to be expectorated, and the patient will remain strong. Give expectorant medications on the sixth and eighth days, and even later in the course of the disease; let these be equal amounts of white hellebore, thapsia, and fresh squirting-cucumber juice.

If the sputum is not being cleaned out effectively, if respiration is rapid, and if expectoration is failing, announce that there is no hope of survival unless the patient can help with the cleaning. But still treat as is appropriate for pneumonia, if the lower cavity cooperates with you.

Alternatively, do the following, beginning on the first day: give a cheramys each of cuckoo-pint, dauke and stinging nettle, good pinches of mustard

## ΠΕΡΙ ΝΟΥΣΩΝ Γ

νάπυος καὶ πηγάνου ὅσον τοῖσι τρισὶ δακτύλοισι λαβεῖν καὶ ὀπὸν σιλφίου ὅσον κύαμον ταῦτα ἐν ὄξει γλυκεῖ καὶ ὕδατι κεράσας καὶ διηθήσας νήστι δίδου χλιαρόν. ἐπειδὰν δὲ ἄρχηται καθαρὸν ἐκπύειν, ἄρου χηραμύδα καὶ σήσαμον καὶ ἀμυγδάλας καθαρὰς ἐν ὄξει γλυκεῖ κεκρημένῳ πίνειν ἣν δὲ μᾶλλον βούλῃ ἄγειν, καππάριος τῆς ρίζης φλοιὸν μινγύναι τούτοισιν.

16. Ὅταν δὲ πλευρίτις λάβῃ, τάδε πάσχει ὀδύνη τὴν πλευρὴν καὶ πυρετὸς καὶ φρίκη ἴσχει, καὶ ἀναπνεῖ πυκινόν, καὶ ὀρθοπνοίη ἴσχει, καὶ ἀποβήσσει ὑπόχολον οἶον ἀπὸ σιδίου, ἣν μὴ ῥήγματα ἔχῃ ἣν δ' ἔχῃ, καὶ αἷμα ἀπὸ τῶν ῥηγματῶν<sup>1</sup> ἐν δὲ τῇ αἵματώδει ὕφαιμον. ἔστι δὲ ἡ μὲν χολώδης ἡπιωτέρη, ἣν μὴ ῥήγματα ἔχῃ ὁ κάμνων· εἰ δὲ μὴ, ἐπιπονωτέρη μὲν, θανατωδεστέρα δὲ οὐ. ἡ δὲ αἵματώδης ἰσχυρὴ<sup>2</sup> καὶ ἐπίπνος καὶ θανατώδης.

Ὅταν οὖν προσῇ καὶ λύγξ ἅμα καὶ αἵματος θρόμβους ἀποβήσῃ ἅμα τῷ σιάλῳ μέλανας, οὗτος ἀποθνήσκει ἐβδομαῖος· δέκα δ' ἡμέρας διαφυγὼν τὴν μὲν πλευρίτιν ὑγιὲς γίνεται, εἰκοστῇ δ' ἐμπυῖσκεται, καὶ ἀποβήσσει πύον, τελευτῶν δὲ καὶ ἀπεμέει, καὶ οὐ πᾶν εὐθεράπευτος γίνεται.

Εἰσὶ δὲ καὶ ξηραὶ πλευρίτιδες ἄπτυστοι, χαλε-

<sup>1</sup> M adds ἔστι δὲ καὶ αἵματώδης.

<sup>2</sup> ἰσχυρὴ om. Θ.

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and rue, and silphium juice to the amount of a bean<sup>1</sup>; mix these in sweetened vinegar and water, sieve, and give warm to the fasting patient. When he begins to cough up material that is clean, have him drink a cheramys of cuckoo-pint, sesame, and shelled almonds in sweetened vinegar mixed with water; if you want to promote expectoration even more, mix root bark of the caper-plant in with these.

16. When pleurisy arises, a person suffers the following: he has pain in his side, fever and shivering, he respires rapidly, and he has orthopnoea. He coughs up somewhat bilious material the colour of pomegranate-peel, unless he has tears; if he has tears, then he coughs up blood, too, from the tears; in sanguinous pleurisy, the sputum is diffused with blood. The bilious variety of pleurisy is relatively mild, unless the patient has tears; if he has tears, it is more painful but not more mortal. The sanguinous variety of pleurisy is severe, painful and mortal.

Now when in addition hiccups are present, and the patient coughs up dark clots of blood in his sputum, he succumbs on the seventh day. If he survives for ten days, he recovers from the pleurisy, but on the twelfth day suppurates internally, coughs up pus, and finally vomits as well; this patient is not especially easy to treat.

There are also dry pleurisies without expectora-

<sup>1</sup> Presumably a reference to the size of drop.



παὶ <δ'><sup>1</sup> αὐται αἱ δὲ κρίσεις ὅμοιαι τῇσιν ἄλλη-  
σιν ὑγρασίης <δὲ><sup>2</sup> πλέονος δέονται τῶν ἄλλων  
ἐν τῷ ποτῷ.

144 Αἱ δὲ χολώδεες καὶ αἱματώδεες κρίνουσιν  
ἐνα|ταῖαι ἢ δεκαταῖαι.<sup>3</sup> καὶ οὗτοι ὑγιέες μᾶλλον  
γίνονται. ἦν δὲ κατ' ἀρχὰς μὲν μαλθακαὶ ἔχωσιν  
ὀδύναί. ἀπὸ τῆς πέμπτης δὲ καὶ ἕκτης ὀξέαι.  
αὐται τελευτῶσι μέχρι δωδεκάτης. καὶ οὐ μάλα  
ἀποθνήσκουσι.<sup>4</sup> κίνδυνος δὲ μάλιστα μὲν μέχρι  
ἐβδόμης. ἀτὰρ καὶ ἐς τὴν δωδεκάτην μετὰ δὲ  
ταύτας ὑγιαίνονται. αἱ δ' ἐξ ἀρχῆς μὲν μαλθα-  
καί. ἀπὸ δὲ τῆς ἐβδόμης καὶ ὀγδόης ὀξέαι, πρὸς  
τὰς τεσσερεσκαίδεκα κρίνουσί τε καὶ ὑγιαίνονται.

Ἡ δ' ἐς τὸν νῶτον πλευρίτις τοσόνδε διαφέρει  
τῶν ἄλλων· τὸν νῶτον ὀδυνᾶται ὥς ἐκ πληγῆς  
καὶ στένει καὶ ἀναπνεῖ ἀθρόον· εὐθύς δὲ πτύει ὀλί-  
γα. καὶ κοπιᾷ τὸ σῶμα· τρίτῃ δ' ἢ τετάρτῃ οὐρέει  
ἰχώρα ὑφαιμον· ἀποθνήσκει δὲ μάλιστα πεμ-  
птаῖος· εἰ δὲ μή, ἐβδομαῖος· ταύτας δὲ διαφυγὼν  
ζώει. καὶ ἡ νοῦσος ἡπίη καὶ ἥσσον· θανατώδης  
φυλάσσειν δὲ μέχρι τεσσερεσκαίδεκα μετὰ δὲ  
ταύτας ὑγιής.

Ἐνίαις<sup>5</sup> δὲ τῶν πλευριτίδων τὸ μὲν σίαλον κα-  
θαρόν, ἢ δ' οὕρησις αἱματώδης, οἷον ἀπὸ κρεῶν  
ὀπτῶν ἰχώρες, ὀδύναί τε ὀξέαι διὰ τῆς ράχιος ἐς

<sup>1</sup> Added by I. <sup>2</sup> Foes (n. 36). <sup>3</sup> ἢ δεκ. Θ: καὶ ἐνδεκαταῖαι M.

<sup>4</sup> Θ: ἐκφεύγουσι M.

<sup>5</sup> Potter: ἐναι Θ: ἐνίη M.



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tion, and these are severe. The crises are the same as in the other varieties, but these patients require more moisture in their drinks than do the others.

The bilious and sanguinous varieties of pleurisy have their crises on the ninth or tenth day, and such patients usually recover. If their pains are mild at the beginning, but sharp from the fifth or sixth day on, the disease ends by the twelfth day and is not very mortal; danger is greatest up to the seventh day, although some danger persists until the twelfth day; after that patients recover. If the pains are mild at the beginning, but sharp from the seventh or eighth day on, patients have their crises and recover about the fourteenth day.

Pleurisy in the back differs from the other varieties in the following: the patient suffers pain in his back as if from a blow, he groans, and he respire rapidly; he immediately coughs up small amounts of sputum, and his body is weary. On the third or fourth day, he passes serous urine charged with blood; he usually dies on the fifth day; if not on the fifth day, then on the seventh; if he escapes for that many, he lives, and the disease is mild and less mortal. Protect him until the fourteenth day; after that he has recovered.

In some pleurisies the sputum is clean, but the urine bloody, resembling the fluid that runs out of roasted meat; sharp pains extend along the spine to

τὸ στῆθος καὶ ἐς τὸν βουβῶνα τείνουσιν· οὗτος τὴν ἐβδόμην διαφυγὼν ὑγιής.

Ὅταν δὲ τούτων τῶν πλευριτιδῶν τινὶ προσγένηται τὸν νῶτον ἐρυθριᾷν καὶ τοὺς ὤμους θερμαίνεσθαι καὶ ἀνακαθίζοντα βαρύνεσθαι καὶ ἡ γαστήρ ἐκταράσσηται χλωρῶ καὶ δυσώδει σφόδρα, οὗτος διὰ τὴν ὑποχώρησιν εἰκοστῇ καὶ μιῇ ἀποθνήσκει· ταύτας δὲ διαφυγὼν ὑγιής.

Οἷσι δ' αἱ πτύσεις εὐθὺς παντοδαπαί εἰσι καὶ τὰ ἀλγήματα πάνυ ὀξέα, οὗτοι τριταῖοι ἀποθνήσκουσι.<sup>1</sup> ταύτας δὲ διαφυγόντες ὑγιέες· μὴ γενόμενος δὲ ὑγιῆς τῇ ἐβδόμῃ ἢ ἐνάτῃ ἢ δεκάτῃ ἄρχεται ἐμπυΐσκεσθαι· κρέσσον δ' ἐμ|πυῆσαι ἥσσαν γὰρ θανατῶδες, ἐπίπονον δέ.

Πρὸς δὲ τοῖσι σημείοισι τοῖσιν εἰρημένοισιν ἐν ἐκάστη τῶν πλευριτιδῶν καὶ τάδε χρή σκοπεῖσθαι τὴν γλῶσσαν.<sup>2</sup> εἰ μὲν ἐν ἀρχῇ γίνοιτο τρηχεῖα, χαλεπωτέρη ἢ ἀπάλλαξις τῆς νούσου, καὶ ἀνάγκη αἷμα ἀποβῆξαι ἐν τῇσιν ἡμέρησιν, ἐν ἧσι δεῖ εἰ δὲ προκεχωρηκυῖης τῆς νούσου γίνοιτο, αἱ μὲν κρίσεις ἐς τὴν τετάρτην καὶ δεκάτην ἡμέρην, ἀνάγκη δὲ πτύσαι αἷμα.

Ἐχει δὲ ὧδε περὶ τῆς ἀπαλλάξιος· εἰ μὲν τριταίῳ ἄρχοιτο πεπαίνεσθαι καὶ πτύεσθαι, θάσσους

<sup>1</sup> Potter: φεύγει· Θ: θνήσκουσι M.

<sup>2</sup> M adds περιφύλαγες γὰρ ὑποπελιδῶνα γενόμενης ἐπὶ τῆς γλώσσης, ὡς σιδηρεῖον βαφέντος εἰς ἔλαιον. Cf. Coan Precognitions 378.

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the chest and groin. If this patient survives until the seventh day, he recovers.

When, in one of these pleurisies, in addition the back becomes red, the shoulders are warm, the patient feels a heaviness on sitting up, and his belly is set in violent motion by yellow-green foul-smelling stools, he dies on the twenty-first day as a result of the evacuation. If he survives after that, he recovers.

Patients whose expectorations are manifold from the start, and whose pains are very sharp, die on the third day; if they survive for that many, they recover. If one does not recover, he begins to suppurate internally on the seventh, ninth or tenth day; in fact, it is better to suppurate, for this is less mortal, even though painful.

Besides the signs already mentioned in each of the pleurisies, you must also observe the following signs of the tongue. If the tongue becomes rough at the beginning, recovery from the disease is difficult, and it is imperative for the patient to cough up blood on the days when he should. If this sign appears when the disease is already advanced, the crises will be toward the fourteenth day, and the patient inevitably expectorates blood.

The manner of recovery is as follows: if on the third day the sputum begins to reach maturity and

αἱ ἀπαλλάξεις· εἰ δ' ὕστερον πεπαίνοιτο, ὕστερον καὶ αἱ κρίσεις γίνονται, ὥς ἐν τοῖσι τῆς κεφαλῆς σημείοις. τὰ δ' ἀλγήματα τὰ ἐν ἀπάσῃσι τῇσι πλευρίτισιν ὥς ἐπὶ τὸ πολὺ κουφίζει μεθ' ἡμέρην μᾶλλον ἢ νύκτωρ.

Θεραπεύειν δὲ χρή τὰς πλευρίτιδας ὥδε· τὰ μὲν πολλὰ ὥς τὴν φρενῖτιν<sup>1</sup> καὶ τὴν περιπλευμονίην, πλὴν λουτροῖσί τε χρῆσθαι θερμοῖσι καὶ οἴνοις γλυκέσιν. ἦν μὲν οὖν τῇ πρώτῃ ἢ τῇ ἐπιούσῃ λάβῃς τῆς λήψιος, ἦν μὲν ὑπεληλύθη ἢ κόπρος καθαρὴ ἢ ἀτρέμα χολώδης καὶ ὀλίγη, ὑποκλύσαι θαψίῃ ἦν δὲ κινηθεῖσα ἢ λυθεῖσα<sup>2</sup> ἢ κοιλίῃ τὴν μὲν νύκτα χαλάσῃ, τῇ δ' ὑστεραίῃ ὀδύνῃ καὶ στρόφος ἔχῃ, πάλιν ὑποκλύσαι.

Ἦν δ' ὁ κάμνων χολώδης ἢ τῇ φύσει καὶ ληφθῇ τῇ νούσῳ ἀκάθαρτος ἐών, πρὶν ἀναπτύεσθαι τὸ σίαλον χολώδες, καὶ τῷ φαρμάκῳ καθῆραι τὴν χολὴν εὖ πτύονται δὲ ἤδη χολώδεα, μὴ δίδου τὸ φάρμακον ἦν γὰρ δῶς, τὸ πτύσμα οὐ δυνήσεται ἄνω ἀνιέναι, ἀλλ' ἐβδομαῖος ἢ ἐναταῖος ἀποπνιγθήσεται. ἦν δὲ πρὸς τῇ ἐν τῇσι πλευρῇσιν ὀδύνῃ καὶ τὰ ὑποχόνδρια ἀλγέῃ, ὑποκλύσαι τε καὶ πιεῖν νήστι δοῦναι ἀριστολοχίαν καὶ ὕσσωπον καὶ κύμινον καὶ σίλφιον καὶ μήκωνα λευκὴν καὶ ἄνθος χαλκοῦ καὶ μέλι καὶ ὄξος καὶ ὕδωρ.

Πρὸς μὲν τὰ φάρμακα οὕτω δεῖ ποιέεσθαι τὰς

<sup>1</sup> M: πλευρίτιν Θ.

<sup>2</sup> ἢ λυθεῖσα om. M.

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to be coughed up, recovery is faster; but if the sputum matures later, then the crises too occur later, just as with the signs in the head. The pains in all pleurisies are generally lighter during the day than at night.

You must treat pleurisies as follows: for the most part, just as phrenitis and pneumonia, except that you must also administer warm baths and sweet wines. Now when you have taken the case on the first day of the disease's onset, or on the day after that, if the stools pass clean or slightly bilious, and scanty, administer an enema of thapsia; if the cavity, on being set in motion, evacuates during the night, but on the following day pain and colic are present, administer another enema.

If the person is bilious by nature, and has been taken by the disease when in an unclean state, before he expectorates bilious sputum clean out bile thoroughly with a medication; but to a patient already expectorating bilious material, do not give a medication, because, if you do, he will be unable to discharge his sputum upwards, and will choke to death on the seventh or ninth day. If, besides the pain in the side, the hypochondrium too is in pain, administer an enema, and give the patient in the fasting state aristolochia, hyssop, cummin, silphium, white poppy, flower of copper, honey, vinegar, and water to drink.

This is the first treatment you must apply, as far

θεραπείας τὰς πρώτας· τὰ δ' ἄλλα ὧδ' ἔχει λούειν πολλῶ θερμῶ πρὸς δύναμιν τὴν τοῦ κάμνοντος πλὴν κεφαλῆς, καὶ ὅταν αἱ κρίσεις ὦσι, τὰ ὀδυνώμενα χλιαίνειν ὑγρῇσι πυρίησιν ὑπαλείφω ἐλαίῳ. ὅταν δὲ καταγιγίῃσιν αἱ νοῦσοι, ἡσυχάζειν καὶ τὸν κάμνοντα καὶ τὸν ἰητρὸν τῇσι θεραπέησιν. ὅπως μὴ ἐξεργάσηται τι κακὸν πτισάνης δὲ χυλὸν κάθεφθον διδόναι ὀλίγῳ παχύτερον μελιχρὸν ποιέων. μετὰ δὲ τὰ λουτρὰ καὶ οἶνον γλυκὺν ὕδαρέα προπίνειν, μὴ ψυχρόν, ὀλίγον ἐκ βομβυλίου <οὐκ><sup>1</sup> εὐρυστόμου. καὶ ὅταν βῆχες ἐπίωσιν, ἐπιπίνειν καὶ χρέμπτεσθαι ὡς μάλιστα, καὶ τῷ ποτῷ ὑγραίνειν ἵνα ὁ πλεύμων ὑγρότερος ἔων ῥᾶον καὶ θάσσον ἀποδιδῷ τὸ πτύσμα καὶ ἡ βῆξ ᾗσσον πονέῃ καὶ ῥοιῆς δὲ γλυκεῖης ἢ οἰνώδεος χυλὸν γάλακτι αἰγείῳ ὀλίγῳ καὶ μέλιτι μιγνύς, κατὰ σμικρὸν πολλάκις δίδου νύκτωρ τε καὶ μεθ' ἡμέρην· καὶ ὕπνον δ' ὡς μάλιστα διακωλύειν, ἵνα κάθαρσις γίνηται θάσσων τε καὶ πλείεων.

Τὴν δὲ αἵματώδεα πλευρίτιν θεραπεύειν οὕτω μετὰ τὰς κρίσεις ἀνακομίζειν σιτίοισι κούφοισι καὶ ἡσυχάζειν καὶ φυλάσσεσθαι περισσῶς ἀνέμους, ἡλίους, πλησμονάς, ὀξέα, ἄλυκά, λιπαρά, καπνόν, φύσας τὰς ἐν τῇ κοιλίῃ, πόνους, λαγνείας ἣν γὰρ ὑποτροπιάση, ἀποθνήσκει.

<sup>1</sup> Foes (n. 42).

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as medications are concerned; the other measures are the following: wash with plentiful water as hot as the patient can stand, except for his head; when his crises are occurring, warm the painful areas with moist vapour-baths and anoint them with olive oil. When diseases are pressing, let the patient rest and the physician suspend treatment lest he do any harm; give only boiled barley-water slightly thickened and sweetened with honey. After bathing, let the patient first drink sweet wine mixed with water, not too cold, a small amount from a narrow-necked bottle. When coughing is present, have him drink more of this, expectorate as much as possible, and moisten himself by drink, in order that his lung, becoming moister, will discharge its sputum more easily and quickly, and the cough will be less painful; give juice of the sweet or vinous pomegranate mixed with a little goat's milk and honey, administering it often in small amounts both at night and during the day. Prevent sleep as much as possible, in order that cleaning will be more rapid and complete.

Treat sanguinous pleurisy thus: after the crises, restore the patient with light foods, make him rest, and protect him strictly from wind, sun, repletion, foods that are acid, salty or rich, smoke, wind in the cavity, exertions, and venery; for if he has a relapse, he dies.

150 Ἐν δὲ τῇσι πτύσεσιν, ἣν ὀδύνη τ' ἔχη καὶ μὴ  
 δύνηται ἀποπτύειν, νήστι δίδου ἄνθος χαλκοῦ  
 ὅσον κοτινάδα | καὶ ὀποῦ σιλφίου ἡμισυ καὶ  
 τριφύλλου καρπὸν ὀλίγον ἐν μέλιτι λείχειν ἢ  
 πεπέριος κόκκους πέντε καὶ ὀποῦ σιλφίου ὅσον  
 κύαμον καὶ μέλι καὶ ὄξος καὶ ὕδωρ πίνειν χλιαρὸν  
 νήστι δίδου τοῦτο καὶ τὰς ὀδύνας παύει.

Ἦν δὲ μὴ δύνηται πτύειν κατὰ λόγον, ἀλλ'  
 ἐνίσχεται αὐτῷ καὶ ῥέγκῃ ἐν τοῖσι στήθεσιν, ἄρου  
 τοῦ μεγάλου ῥίζης χηραμύδα καὶ ἔλαιον ἐν μέλιτι  
 λείξαι, ἐπιρρυφεῖν δὲ ὄξος κεκρημένον. ἄλλο  
 ἰσχυρόν ἄνθος χαλκοῦ ὅσον κύαμον καὶ λίτρον  
 ὀπτὸν διπλάσιον καὶ ὕσσωπον, ὅσον τοῖσι τρισὶ  
 δακτύλοισι λαβεῖν, μέλιτι μίξας, καὶ ὕδωρ καὶ  
 ἔλαιον σμικρὸν ἐπιστάξας, χλιήνας ἐν χηραμύδι,  
 ἐγχεῖν ἵνα μὴ ἀποπνίγῃ. καὶ ἐν περιπλευμονίῃ,  
 ἣν μὴ καθαίρεται, τοῦτο ἐγχεῖν.

Ἦν δὲ μήτε ῥέγκῃ μήτε πτύῃ ὥς δεῖ, καππά-  
 ριος καρποῦ ὅσον τοῖσι τρισὶ δακτύλοισι λαβεῖν,  
 καὶ πέπερι καὶ λίτρον ὀλίγον<sup>1</sup> καὶ μέλι καὶ ὄξος  
 καὶ ὕδωρ μίξας, τοῦτο χλιαρὸν ἐπιρρυφεῖν τὴν δὲ  
 ἄλλην ἡμέρην ὕσσωπον<sup>2</sup> ἐν ὄξει καὶ μέλιτι καὶ  
 ὕδατι ἀναζέσας ἐπιρρυφεῖν, τοῦτο καὶ τοῖσι  
 ῥέγκουσι διδόναι καὶ μὴ δυναμένοισι καθαίρεσθαι.  
 εἰ δ' ἰσχυρότερον βούλοιο ποιέειν, ὕσώπου καὶ

<sup>1</sup> ὀλίγον om. Θ.<sup>2</sup> ὕσσωπον om. Μ.



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If pain is present during coughing and makes expectoration impossible, give the patient in the fasting state flower of copper in the amount of a wild olive, half as much silphium juice, and a little clover seed in honey to eat; or give him in the fasting state five corns of pepper, silphium juice to the amount of a bean, honey, vinegar and water to drink warm; this also stills pains.

If the patient is unable to expectorate as he should, but his sputum is caught fast and stertorous breathing is heard in his chest, have him take a cheramys of cuckoo-pint root and olive oil in honey, and afterwards drink a mixed vinegar potion. Another strong medication: mix flower of copper to the amount of a bean, twice as much burnt soda, and a pinch of hyssop in honey, sprinkle water and a little olive oil over it, warm in a mussel-shell, and infuse in order to prevent the patient from choking. Make this infusion in pneumonia, too, if the patient is not being cleaned.

If the patient does not breathe stertorously, but also does not expectorate as he should, mix a good pinch of capers, pepper, and a little soda into honey, vinegar and water; administer warm; the next day have him take hyssop boiled up in vinegar, honey and water. This can also be given to patients with stertorous breathing that are unable to clean themselves. If you want to make some-

νάπυος καὶ καρδάμου [κόγχην]<sup>1</sup> χηραμύδα τρίψας  
ἐν μέλιτι καὶ ὕδατι ἀναζέσας καὶ διηθήσας ἐπιρ-  
ρυφεῖν χλιαρὸν δίδου.

Οὕτω ταῦτα τὰ νοσήματα θεραπευθέντα ὑγιᾶ  
γίνεται, ἣν μὴ τι τοῦ πτύσματος ὑπολειφθὲν ἐν  
τῷ πλεύμονι πύον γίνηται, ὑφ' οὗ βήσσουσι ξηρὰ  
βήχια, καὶ πῦρ καὶ φρίκη ἴσχει καὶ ὀρθοπνοίη, καὶ  
πυκινὸν ἀναπνεῖ καὶ ἀθρόον, καὶ ἡ φωνὴ βαρυτέ-  
ρη ὀλίγῳ καὶ εὐχροίῃ σὺν τῇ θερμῇ τὸ πρόσωπον  
ἴσχει προϊόντος δὲ τοῦ χρόνου μᾶλλον καὶ ἡ νοῦ-  
σος σαφὴς δηλοῦται. τοῦτον εἰ ἐντὸς τῶν δέκα  
152 ἡμερέων λάβοις, | θερμήναντα χρὴ διαίτῃ καὶ  
θερμῷ λουτρῷ ἐγχεῖαι ἐς τὸν πλεύμονα, ὃ τι πύον  
ἄξει, καὶ τοῖσιν ἄλλοισι χρῆσθαι τοῖσι τὸ πύον  
ἄγουσι, καὶ διαιτᾶν ὡς ἔμπυον, καὶ τὴν κεφαλὴν  
ἀποξηραίνειν, ἵνα μὴ ἐπιρρέῃ.

Ἦν δὲ τῷ ἐγχύτῳ μὴ σήπηται καὶ<sup>2</sup> ἀνάγεται  
τὸ πύον, ῥήγνυται αὐτῷ ἐκ τοῦ πλεύμονος ἐς τὸν  
θώρακα, καὶ μετὰ τὴν ῥῆξιν δοκέει ὑγιῆς εἶναι,  
ὅτι ἐκ τῆς στενοχωρίας ἐς τὴν εὐρυχωρίην ἦλθε  
τὸ πύον [καὶ τὸ πνεῦμα, ὃ ἀναπνέομεν, ἔδρην  
ἔσχεν ἐν τῷ πλεύμονι]<sup>3</sup> προϊόντος δὲ τοῦ χρόνου  
τὰ στήθεα πύου πληροῦται, καὶ αἱ βῆχες καὶ οἱ  
πυρετοὶ καὶ τᾶλλα ἀλγήματα πάντα<sup>4</sup> μᾶλλον  
πιέζει, καὶ ἡ νοῦσος διαδηλοῦται. τοῦτον μετὰ

<sup>1</sup> Del. Ermerins.<sup>2</sup> σήπηται καὶ om. M.<sup>3</sup> Del.

Potter.

<sup>4</sup> πάντα om. Θ.

### DISEASES III

thing stronger, knead a cheramys of hyssop, mustard, and cress into honey, boil these up in water, sieve, and give warm to drink.

These diseases, if treated in such a way, are cured, unless some of the material that should be coughed up is left behind in the lung and becomes pus; from this patients develop a dry cough, fever, shivering and orthopnoea; the patient breathes frequently and rapidly, his voice is slightly deeper than before, and his face takes on a good colour from the heat. As time passes, the disease reveals itself more clearly. If you take on this patient within ten days from the start, you must warm him by means of a regimen and a hot bath, and infuse into his lung substances that will draw pus; employ the other measures that move pus, prescribe the same regimen as for internal suppuration, and dry his head thoroughly to prevent a flux to the chest.

If, with the infusion, maturation and expulsion of the pus do not occur, the pus breaks out of the patient's lung into his thorax, and after the break he seems to have recovered, since the pus has moved from a confined space into an open one [and the air that we inspire has its seat in the lung].<sup>1</sup> As time passes, however, the chest fills up with pus and, as coughing, fevers, and all the other evils press the patient more and more, the disease is revealed. You must leave this patient without

<sup>1</sup> This statement seems out of context; it may well be an intruded marginal annotation.

τὴν ἔκρηξιν ἐᾶσαι δεῖ δεκαπέντε ἡμέρας. ὅπως  
 πάλιν πεπανθῇ τὸ πύον ἅτε γὰρ ἐς εὐρυχωρίην  
 ἐλθὼν<sup>1</sup> ἀνέψυξέ τε καὶ τὸ ὑπάρχον ὑγρὸν ἐν τῷ  
 θώρηκι προσηγάγετο πρὸς ἑωυτὸ ὥστε αὐτὸ ἡμι-  
 σαπὲς εἶναι. ἦν μὲν οὖν αὐτόματον ἄρξηται  
 πτύεσθαι ἐν τούτῳ τῷ χρόνῳ. ἡ<sup>2</sup> φαρμάκοισι τι-  
 μωρέειν<sup>3</sup> ἢ ποτοῖσιν, ἐν <δὲ><sup>4</sup> τῇσι τελευταίῃσιν  
 ἡμέρησι τῶν ἡμερέων τῶν πεντεκαίδεκα σπεύ-  
 δειν ἀναστῆναι πρὶν μᾶλλον τρύχεσθαι τὸ σῶμα,  
 φυλάσσων καθαρὴν τὴν κεφαλὴν τῶν ἐπιρροῶν  
 εἶνεκεν.

Ἦν δὲ μὴ πτύηται, ἀποσημήνη δ' ἐς τὰς  
 πλευράς, τάμνειν ἢ καῦσαι. ἦν δὲ μήτε πτύηται  
 μήτ' ἀποσημήνη ἐς τὰς πλευράς, λοῦσαι πολλῶ  
 καὶ θερμῶ καὶ νῆστιν καὶ ἄποτον καθίσας ἐπὶ  
 ἔδρης ἀκινήτου ἑτερος μὲν τῶν ὤμων ἀναλαβέτω,  
 αὐτὸς δὲ σείε, τὸ οὖς παραβαλὼν πρὸς τὰς πλευ-  
 ράς, ἵνα εἰδῇς ὁποτέρωθεν ἀποσημαίνει βούλου δὲ  
 154 μᾶλλον πρὸς τὰς | ἀριστεράς θανατωδέστερον  
 γὰρ καίειν καὶ τάμνειν ἐς τὰς δεξιὰς ὅσω γὰρ  
 ἰσχυρότερα ἐστί τὰ δεξιὰ, τόσω καὶ τὰ νοσήματα  
 αὐτοῖσιν ἰσχυρότερα γίνεται.

Ἦν δὲ ὑπὸ πάχεος τὸ πύον μὴ κλυδάζηται  
 μηδὲ ψοφῆῃ ἐν τῷ στήθει, πυκινὸν δὲ ἔλκη τὸ  
 πνεῦμα καὶ οἱ πόδες ἐποιδέωσι καὶ βήχιόν τι

<sup>1</sup> M adds τὸ πύον.

<sup>2</sup> Θ: ἦν μὴ M.

<sup>3</sup> τιμωρέειν om. Θ.

<sup>4</sup> Vander Linden.

### DISEASES III

treatment for fifteen days after the break, in order that the pus can mature anew; for inasmuch as it has moved into an open space, it cools and draws to itself any moisture that happens to be present in the thorax, so that it itself becomes only semi-mature. Now if the patient begins to expectorate spontaneously in this period, assist him with medications or potions, and in the final days of the fifteen urge him to get up before his body becomes any more wasted, and make sure that his head is clean in order to prevent any fluxes to the chest.

If he does not expectorate, but signs point to his side, incise or cauterize. If the patient does not expectorate, but there are also no signs pointing to his side, wash him in abundant warm water and, before he has taken food or drink, set him on a steady chair; let someone else hold him by the shoulders, and you shake him, applying your ear to his sides in such a way as to learn on which side the sign arises. Hope that it is on the left side, for it is more dangerous to cauterize or incise on the right; for in the same proportion that the right parts of the body are stronger, so too are the diseases in them stronger.

If the pus, because of its thickness, does not fluctuate or make any sound in the chest, but the patient draws his breath rapidly, his feet swell up,

προσῇ, μὴ ἐξαπατάτω ἀλλ' εὖ ἴσθι πλήρη ἐόντα  
τὸν θώρηκα πύου ἐς οὖν Ἑρετριάδα γῆν ὑγρὴν  
καὶ λ<ε>ίην<sup>1</sup> τετριμμένην καὶ χλιαρὴν ἐμβάψας  
ὀθόνιον λεπτόν, περικάλυψον κύκλῳ τὸν θώρηκα,  
καὶ ὅπου ἂν πρῶτον ξηραίνεται, ταύτῃ χρὴ  
καίειν ἢ τάμνειν ὡς ἐγγυτάτω τῶν φρενῶν,  
φυλασσόμενος αὐτῶν τῶν φρενῶν. ἦν δὲ βούλη,  
ἀλείφω τῇ Ἑρετριάδι σκόπει ὁμοίως ὡς ἐν τῷ  
ὀθονίῳ πολλοὶ δὲ ἅμα ἀλειφόντων, ἵνα μὴ τὰ  
πρῶτα ἀλειφόμενα ἀποξηραίνηται.

Μετὰ δὲ τὴν τομὴν ἢ τὴν καῦσιν τῷ μοτῷ τῷ ἐκ  
τοῦ ὠμολίνου χρῶ, καὶ ἐξίει κατ' ὀλίγον τὸ πύον,  
ὅταν δὲ μέλλῃς καίειν ἢ τάμνειν, ὑποσημαίνου  
τὸ αὐτὸ σχῆμα ἔχοντα, ὅπερ ἂν μέλλῃς ἔχοντα  
τάμνειν ἢ καίειν, ἵνα μὴ ἐξαπατήσῃ ἀνωτέρω  
γενόμενον ἢ κατωτέρω τὸ δέρμα ἐν τῇ μετα-  
βολῇ τοῦ σχήματος καὶ τὰς βῆχας φυλάσσειν ἐκ  
τῆς διαίτης, ὅπως μὴ ἀντισπάσῃσι πάλιν ἐς τὸν  
πλεύμονα<sup>2</sup> τὸ πύον, κακὸν γάρ' ἀλλ' ἐᾶν<sup>3</sup> μετὰ<sup>4</sup>  
τὴν τομὴν ὡς τάχιστα ὑποξηραίνεσθαι. ἐπειδὰν  
δὲ δωδεκαταίος ᾗ κεκαυμένος,<sup>5</sup> ἅπαν ἀφιέναι τὸ  
λοιπὸν πύον, καὶ ἀπὸ τοῦ ὀθονίου μοτοῦν, καὶ  
ἀφιέναι δις τῆς ἡμέρης τὸ πύον, καὶ τὴν ἄνω κοι-  
λίην ἐκ τῆς διαίτης ὡς μάλιστα ξηραίνειν.

Οὕτω χρὴ καὶ τὰς ἐκ τῶν τρωμάτων καὶ ἐκ

<sup>1</sup> Littre: λίην ΘΜ. <sup>2</sup> ἐς τὸν πλεύμονα om. Θ. <sup>3</sup> ἐᾶν om. Θ.

<sup>4</sup> Ermerins: κατὰ ΘΜ. <sup>5</sup> κεκαυμένος om. Μ.

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and a mild cough is present, do not be deceived, but know well that his chest is full of pus. Soak a piece of fine linen in warm moist finely triturated Eretrian earth; then wrap this all the way around his thorax, and, wherever it first dries, that is where you must cauterize or incise, as close to the diaphragm as possible, but sparing the diaphragm itself. If you prefer, apply the Eretrian earth directly and look for the place the same way you would in the linen; let many people apply the earth simultaneously, in order that the first applied does not become dry.

After the incision or cautery, use a tent of raw linen, and discharge the pus a little at a time. Whenever you are about to cauterize or incise, observe that the patient has the same position he had before, when you first incised or cauterized, in order that you will not be deceived by his skin moving higher or lower as he changes his position. Employ a regimen that minimizes coughing, in order to prevent the patient from drawing pus back into his lung—for that would be bad; after the incision let the patient be dried out as quickly as possible. When twelve days have elapsed after the cautery, remove all the remaining pus and plug the wound with linen; remove pus twice daily, and dry out the upper cavity as thoroughly as possible by means of regimen.

This is also the way you must examine and treat

156 περιπλευμονίης καὶ ἐκ καταρροῶν μεγάλων ἐκ-  
 πυήσιας καὶ | προσπεσόντος τοῦ πλεύμονος τῇσι  
 πλευρῇσι σκοπεῖν καὶ θεραπεύειν.

17. Ψυκτήρια δὲ τάδε δίδου ἐπὶ τοῖσι καύσοισι  
 πίνειν, ὅταν βούλῃ πολλά δὲ ἀπεργάζεται τὰ  
 μὲν γὰρ οὔρησιν ποίει, τὰ δὲ διαχώρησιν, τὰ δὲ  
 ἄμφω, τὰ δ' οὐδέτερα, ἀλλὰ ψύχει μῦνον ὥς  
 ἄγγος ὕδατος ζέον ἣν τις ἐπιχέῃ ψυχρὸν ὕδωρ,  
 ἢ ψυχρῷ αὐτὸ τὸ ἄγγος πνεύματι προσαγάγῃ.  
 δίδου δὲ ἄλλα ἄλλοισιν οὔτε γὰρ τὰ γλυκέα  
 ἅπασι συμφέρει οὔτε τὰ στρυφνά, οὔτε ταῦτα  
 πίνειν δύνανται.

Τοῦτο μὲν κηρίων ξηρῶν ὅσον δύο κοτύλας  
 βρέχων ὕδατι καὶ ἀνατρίβων γευέσθω, ἕως ἂν  
 ὑπόγλυκυ<sup>1</sup> γένηται εἴτα διηθήσας, σέλινά ἐμβα-  
 λὼν δίδου πίνειν.

Τοῦτο δὲ λίνου καρποῦ ὀξύβαφον, ὕδατος κο-  
 τύλας δέκα ἐπιχέας, ἐψεῖν ἐν καινῇ χύτρῃ ἐπ'  
 ἀνθράκων ἄζεστον, ἵνα ἀναπνέῃ, ἕως ἂν ὁ χυλὸς  
 ἀπτομένῳ λιπαρὸς γένηται.

<sup>1</sup> To judge from the arrangement of words in his glossary, in Erotian's time the word *ὑπόγλυκος* stood somewhere in the text of *Diseases III* between *Litre VII*, 122,13 and 156,15 (E. Nachmanson, *Erotianstudien*, Uppsala, 1917, 404). Two parallel passages suggest that its original position may have been before *ὑπόγλυκυ*: *Diseases III* 17 ἕως ἂν ἀτρέμα γλυκανθῇ and *Diseases II* 45 ἄρτι ὑπόγλυκυ ποίειν.



### DISEASES III

suppurations arising from wounds, pneumonia, and massive defluxions, and when a lung falls against the side.<sup>1</sup>

17. Give the following cooling agents to drink in ardent fevers whenever you wish; they have many effects: some are diuretic, others laxative, others both, and others neither, merely cooling as if someone were to pour cold water over a vessel of boiling water, or were to move the vessel itself into the cold air. Give different ones to different patients, for the sweet ones do not benefit everyone, nor do the astringent ones, nor are all patients able to drink the same things.

A. Soak about two cotylai of dried honeycomb in water, and stir until the water becomes sweetish to the taste; then sieve, add celery, and give to drink.

B. Pour ten cotylai of water over an oxybaphon of linseed, and simmer in a new pot over a charcoal fire without boiling, in order that it exhales vapour, until the liquid becomes greasy to the touch.

<sup>1</sup> See *Diseases II* 59 for a description of this condition.

Τοῦτο δέ μελικρήτου ὑδαρέος καθεψήσας τὸ ἥμισυ λείπειν<sup>1</sup> ἔπειτα σέλινα ἐμβαλὼν τοῦτο ψύχων κατ' ὀλίγον δίδου.

Τοῦτο δέ κριθέων Ἀχιλληΐδων κοτύλην αὐή-  
νας, ἄρας τὸν ἀθήρα καὶ πλύνας εὖ, ἐπιχέας χοέα  
ὔδατος, ἔψε καὶ τὸ ἥμισυ λιπὼν ψύχων δίδου  
πίνειν.

158 Τοῦτο | δέ Αἰθιοπικοῦ κυμίνου κοτύλης δέκα-  
τον μέρος, ἐπιχέας τρία ἡμιχόεα, ἔψε πηλῷ τρη-  
χῶδει<sup>2</sup> καταλείψας ἄζεστον, ἕως μέρος τρίτου  
λίπης, καὶ ψύχων δίδου τοῦτο πρὸς πάντα καῦσον  
καὶ πυρετόν.

Τοῦτο δέ ὕδωρ ὀμβριον αὐτὸ καθ' αὐτό.

Τοῦτο δέ πιτισάνης κοτύλη χοέα ὔδατος ἐπι-  
χέας, λείπειν τὸ ἥμισυ ἐψῶν εἴτα διηθήσας,<sup>3</sup>  
σέλινα ἐμβαλὼν ψυχρὸν δίδου.

Τοῦτο δέ οἱ σταφίδιοι λευκοὶ οἶνοι ὑδαρές.

Τοῦτο δέ τρύγες στεμφυλίτιδες σταφιδευταῖαι  
ὑδαρές.

Τοῦτο δέ ἀσταφίδος λευκῆς<sup>4</sup> ἄνευ γιγάρτων  
κοτύλην<sup>5</sup> καὶ πενταφύλλου ῥιζέων χεῖρα πλέην  
φλάσας, εἴκοσι κοτύλας ὔδατος ἐπιχέας, ἀφεψή-  
σας τὸ ἥμισυ<sup>6</sup> ψυχρὸν δίδου κατ' ὀλίγον.

<sup>1</sup> λείπειν om. Θ.

<sup>2</sup> Θ: τριχ- M.

<sup>3</sup> διηθήσας om. Θ.

<sup>4</sup> Ermerins: ἀσταφίς λευκή ΘM

<sup>5</sup> Ermerins: -λης Θ:

-λη M.

<sup>6</sup> M adds λείπων.

### DISEASES III

C. Boil dilute melicrat until half is left; then add celery, cool, and give a little at a time.

D. Dry a cotyle of Achilles barley, remove the chaff, wash well, add a chous of water, and boil until half remains; cool and give to drink.

E. To the tenth part of a cotyle of Ethiopian cummin add three half choes of water. coat the pot with thick mud, and simmer without boiling until one third remains; cool, and give against every ardent and other fever.

F. Rain-water, pure.

G. Add one chous of water to a cotyle of peeled barley, and boil until half remains; then sieve, add celery, and give cold.

H. Dilute white raisin wine.

I. Dilute wine made from pressed grapes.

J. Crush a cotyle of white raisins without stones and a handful of cinquefoil roots, add twenty cotylai of water, boil off half, and give cold, a little at a time.

Τοῦτο δέ κρίμων κριθέων ἄδρων<sup>1</sup> ἡμιχοίνικον ὕδατος χοέα ἐπιχέας· ὅταν ἤδη οἰδέη τὰ κρίμνα τρίβειν τῇσι χερσίν, ἕως ἂν λευκὸν τὸ ὕδωρ γένηται, καὶ ἀδιάντου δραχμίδα ἐμβαλὼν ἀπαιθριάσας δίδου.

Τοῦτο δέ ὦων τὸ λευκὸν τριῶν ἢ τεσσέρων κατακυκῶν ἐν ὕδατος χοῖ πινέτω τοῦτο ψύχει σφόδρα καὶ τὴν κοιλίην ὑπάγει ἣν δὲ δοκέη μᾶλλον<sup>2</sup> ὑπάγειν, τὸν νεοσσὸν προσκατακύκα.

Τοῦτο δέ καχρύων ἡμιχοίνικον εὖ ἀποπλύνας, ἐν ὕδατος χοῖ ζέσας δις ἢ τρίς ψυχρὸν δίδου.

Τοῦτο δέ πτισάνης χυλὸν κάθεφθον λεπτὸν καὶ οἶνον γλυκὺν δίδου τοῦτο δ' οὐκ ἄγει.

Τοῦτο δέ σικύου πέποιος ἄνευ τοῦ δέρματος πάλην<sup>3</sup> ἐφ' ὕδατι τοῦτο οὐρέεται καὶ ψύχει καὶ τὴν δίψαν παύει.

160 Τοῦτο δέ ὀρόβους ἐν ὕδατι προεισήσας, εἴτα χύτρην καινὴν | ἐν χύτρῃ μέζονι θεῖς πλὴν ὕδατος, ἐπιχέας ἕτερον ὕδωρ τοῖσιν ὀρόβοισιν, ἔψε ὀλίγον χρόνον· εἴτα ἀποχέας τὸ τρίτον μέρος, ἐπειδὰν κάθεφθοι ἕωσιν οἱ ὀροβοι, ψύξας δίδου κατὰ κύαθον ἐπιπάσσων τῆς τοῦ σικύου πάλης, καὶ ἐκ τῶν ὀρόβων πάλην τοῦτο δὲ βεβαίως δίψαν παύει.

Τοῦτο δέ (θάσιον οἶνον παλαιόν, πέντε καὶ εἴκοσιν ὕδατος καὶ οἶνου ἕνα δίδου.

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K. To a half choinix of ripe barley groats add a chous of water; when the groats have swollen up, knead them with your hands until the water becomes white; add a pinch of maiden-hair, expose to the air, and give.

L. Let the patient beat the white of three or four eggs in a chous of water, and drink; this is very cooling and leads the cavity down. However, if it seems appropriate to evacuate even more strongly, beat in the yolks.

M. Wash a half choinix of parched barley well, and boil it two or three times in a chous of water; give cold.

N. Give thin boiled-down barley-water, and sweet wine; this does not draw.

O. The finest meal of melon without peel, in water; this is diuretic, cools, and stops thirst.

P. First boil bitter vetches in water; then, setting a new pot in a larger pot full of water, add new water to the vetches and boil for a short time; then pour off one third of the water and, when the vetches are boiled through, cool; give a cyathos at a time, sprinkling it with melon meal. Meal can be prepared from bitter vetches, too; this is very effective in stopping thirst.

Q. Old Thasian wine; give twenty-five parts water and one part wine.

<sup>1</sup> ἄδρῶν om. Θ.  
-ης ΘΜ.

<sup>2</sup> ἐπάγει . . . μᾶλλον om. M.

<sup>3</sup> Potter:

## ΠΕΡΙ ΝΟΥΣΩΝ Γ

Τοῦτο δέ· τρίφυλλον τὸ σικυῶδες ἐν ὕδατι καὶ κρίμνα κριθέων βρέχων δίδου.

Τοῦτο δέ· σέλινα ὅσον τρὶς τῇ χειρὶ περιλαβεῖν καὶ γλήχους δραχμίδας δύο ἐψῶν ἐν ὅξους κοτύλῃσι δέκα. ἕως τρίτον μέρος λείπης· τοῦτο μέλιτι καὶ ὕδατι κεραννὺς ὑδαρὲς πινέτω ἀδιάντου δραχμίδα ἐμβαλὼν τοῦτο οὔρον ἄγει καὶ τὴν κοιλίην λύει.

Τοῦτο δέ· μῆλα εὐώδεα γλυκέα φλάσας καὶ ἐν ὕδατι ἀποβρέξας, δίδου πίνειν τὸ ὕδωρ.

Τοῦτο δέ· μῆλα Κυδώνια ὡσαύτως οἷσιν ἂν καὶ ἡ κοιλίη λελυμένη ἢ ἐπὶ πυρετῷ καυσώδει.

Ἰκτέρου δ' ἐπιλαβόντος ἀσταφίδος λευκῆς ἄνευ γιγάρτων καὶ ἐρεβίνθων λευκῶν, ἡμικοτύλιον ἑκατέρου, καὶ κριθέων Ἀχιλληΐδων ἴσον, καὶ κνήκου ἴσον, ὕδατος κοτύλας δέκα, καὶ σέλινα, μίνθην, κορίαννον ὀλίγον ἑκάστου ἀνατρίβειν, ἕως ἂν ἀτρέμα γλυκανθῇ, καὶ ἀδιάντου δραχμίδα ὕστερον ἐμβαλὼν αἰθριάσας δίδου.

Τοῦτο δέ, καὶ τὰ τούτοισιν ὅμοια μιμέεσθαι πάντα δὲ τῷ πυρέσσοντι ἡθριασμένα δίδου, πλὴν οἷσιν ἂν αἱ κοιλίαι μᾶλλον τοῦ δέοντος ῥέωσι.

Τοῦτο δέ· γληχοῦς δραχμίδας τρεῖς, σελίνου διπλάσιον ἐν οἴνῳ κεκρημένῳ ἐψῶν δίδου τοῦτο καὶ οὔρεται καὶ διὰ τῆς κοιλίης χολὴν ἄγει.

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R. Soak cucumber-like<sup>1</sup> clover and coarse barley groats in water, and give.

S. Boil three handfuls of celery and two pinches of pennyroyal in ten cotylai of vinegar until one third remains; mix with honey, and have the patient drink in abundant water, adding a pinch of maiden-hair; this is diuretic and laxative.

T. Crush fragrant sweet apples and, after soaking them in water, give the water to drink.

U. The same with quinces, for patients whose cavity has been evacuated after an ardent fever.

V. When jaundice is present, grind down a half cotyle each of white raisins without stones, white chick-peas, Achilles barley, and safflower in ten cotylai of water with dashes of celery, mint and coriander, until the mixture becomes slightly sweet; then later add a pinch of maiden-hair, expose to the air, and give.

Also imitate the agents described with others that are similar; for the fever patient, expose them all to the air before you give them, except in cases where the cavities have suffered excessive evacuations.

W. Boil three pinches of pennyroyal and twice that amount of celery in wine mixed with water, and give. This is diuretic, and draws bile through the cavity.

<sup>1</sup> τὸ σικνῶδες has traditionally been taken not as modifying τριφυλλον but as a separate ingredient, variously identified as cucumber (Calvus, Pylander), cucumber meal (Cornarius, Foes) or melon meal (Littre, Fuchs). I see no reason why this adjective could not have been applied to a particular member of the clover family.





INTERNAL AFFECTIONS



## INTRODUCTION

Erotian does not mention this treatise in his list of Hippocratic works, and the fact that one word in his glossary may stem from *Internal Affections* 27<sup>1</sup> is less than conclusive evidence that he knew it.<sup>2</sup>

Galen certainly did know *Internal Affections*, albeit under a variety of titles:

... in *Affections the Greater*, which begins "If the bronchial tube of the lung. ..." Some people give this book the title *Internal Suppuration* (Περὶ ἐμπύων).<sup>3</sup>

ἄλφιτα: ... in *Diseases II the Greater* also parched lentils and vetches.<sup>4</sup>

*Internal Affections* is devoted wholly to the description and, in particular, the treatment of

<sup>1</sup> B17 βατίδες (Nachmanson p. 29).

<sup>2</sup> See Nachmanson, *Erotianstudien* pp. 411 f.

<sup>3</sup> Kühn XVIII(1). 39; see also Kühn XVIII(2). 512 f.

<sup>4</sup> Kühn XIX. 76. See also under the words: ἀμαλῶς (XIX. 76), ἀνθίνην οἶνον (XIX. 81), ἀνωργασμένον (XIX. 82), ἀσᾶται (XIX. 86), διέδρος (XIX. 92), κοτυλίδα (XIX. 114), κρέκειν (XIX. 114), λαμπτήρ (XIX. 117), προσέχει ἡ νοῦσος (XIX. 133), and ῥαγέισα (XIX. 134).

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diseases. Each of its fifty-four chapters deals with a specific nosological entity according to the following plan: name or identifying feature; aetiology; symptoms and course; treatment; prognosis.

The overall arrangement of diseases is by anatomy:

Diseases in the Lungs and Sides: 1-12

Diseases in the Abdomen:

Disease of the Spinal Marrow: 13

Diseases of the Kidney: 14-17

Diseases of the Vessels: 18-19

Diseases of Phlegm: 20-21

Dropsies: 22-26

Diseases of the Liver: 27-29

Diseases of the Spleen: 30-34

General Diseases:

Jaundices: 35-38

Typhuses: 39-43

Ileuses: 44-46

"Thick" Diseases: 47-50

Sciatica: 51

Tetanuses: 52-54

Where there are several varieties of the same disease, an attempt is made to draw significant distinctions. Among the criteria used are the causal agent (e.g. in the four "thick" diseases: phlegm and bile; bile; phlegm; white phlegm), the pathological process (e.g. in the four diseases of the kidney: lithiasis; rupture of the vessels; ulceration; sup-

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puration), the anatomical location (e.g. in the two diseases of the vessels: right; left), the signs (e.g. the patient's colour in the three diseases of the liver: livid; like pomegranate-peel; dark), and the season of occurrence (e.g. in the three ileuses: winter; summer; late autumn).

*Internal Affections* is present in all the collected editions and translations. Besides, in the seventeenth century it was twice edited and translated into Latin in works devoted to Hippocratic pathology:

*Praelectiones in librum Hippocratis . . . De morbis internis* auctore M. Ioanne Martino . . . editore M. Renato Morello. . . Paris, 1637.

*Praelectiones in Hippocratis librum De internis affectionibus* . . . edente M. Francisco de Saint-André. . . Caen, 1687.

The work of Jouanna cited in the introduction to *Affections*<sup>1</sup> also contains a newly edited text of several chapters of *Internal Affections*.

<sup>1</sup> See vol. V p. 5.

## ΠΕΡΙ ΤΩΝ ΕΝΤΟΣ ΠΑΘΩΝ<sup>1</sup>

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Littre

1. Ἦν ἡ τοῦ πλεύμονος ἀρτηρίη ἐλκωθῇ, ἥ τι ῥαγῇ τῶν φλεβίων τῶν λεπτῶν τῶν κατακρεμαμένων εἰς τὸν πλεύμονα, ἥ τῶν συρίγγων τῶν διὰ τοῦ πλεύμονος τεταμένων συρραγέωσιν ἐς ἀλλήλας καὶ αἵματος πλησθῶσι—διασπῶνται τε καὶ καταρρήγνυνται διὰ τὰς ἀμαρτίας μάλιστα διὰ ταλαιπωρίην, διὰ δρόμους, διὰ πτώματα, διὰ πληγὰς, δι' ἐμέτους βιαίους γιγνομένους, διὰ πυρετούς—τάδε οὖν πάσχει. τὸ μὲν πρῶτον βῆξ ἴσχει ξηρή, ἔπειτα ὀλίγῳ ὕστερον ἀποπτύει τὸ σίαλον ὕφαιμον, τοτὲ δὲ καθαρόν. οὗτος ἦν μὲν ἐν τάχει παύσεται τῆς νόσου. ἦν δὲ μῆ, προϊόντος τοῦ χρόνου τὸ αἷμα πλεῖον χωρέει, ἐνίοτε μὲν καθαρόν, ἔστι δ' ὅτε καὶ ὑπόσαπρον. πολλάκις δὲ καὶ ἡ φάρυγξ λαιθάνει αἵματος πιμπλαμένη ἔπειτα θρόμβους αἵματος ἐκβράσσεται κατ' ὀλίγον θαμινά· ἐνίοτε καὶ ὁδμὴ βαρεῖη ἀπ' αὐτῶν γίνεται. καὶ ὁ φάρυγξ ἔστιν

<sup>1</sup> The first and last leaves of the first quire and all 8 leaves of the second quire of Θ are missing. For these parts of the text M is our sole independent ms. authority.

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1. If the bronchial tube of the lung ulcerates, or one of the narrow vessels leading to the lung tears, or if some of the pipes extending through the lung rupture into one another and are filled with blood—most often such ruptures and tears occur as a result of the following insults: exertion; running; falls; blows; when there is violent vomiting; from fevers—the patient suffers the following: first he has a dry cough; then, a little later, he expectorates sputum charged with blood, and then clear sputum. If this patient gets over the disease quickly, that is all. If not, as time goes on more blood comes up in the sputum, sometimes pure, sometimes somewhat putrid. Often, the throat also fills up with blood, unnoticed; in that case, the patient coughs up clots of blood frequently, a little at a time; sometimes these give off a heavy odour. The throat also some-

ὅτε ἄχνης πίμπλονται. καὶ ῥίγος καὶ πυρετὸς ἐπιλαμβάνει, κατ' ἀρχὰς μὲν τῆς νούσου σφόδρα, προΐούσης δὲ βληχρότερον καὶ ἄλλοτε καὶ ἄλλοτε ἐπιλαμβάνει καὶ ὀδύνη ἐνίοτε ἔγκειται ἐν τοῖσι στήθεσι καὶ ἐν τῷ μεταφρένῳ καὶ ἐν τῇσι πλευρῇσι. καὶ ὁκόταν τὸ αἷμα παύσῃται πτύων, σίalon πολλὸν ἀποπτύει ὑγρόν, ἐνίοτε δὲ καὶ γλίσχρον. ταῦτα μὲν οὖν οὕτω πάσχει μέχρι τεσσαρεσκαίδεκα ἡμέραι παρέλθωσιν. μετὰ δὲ ταύτας ἢν μὴ παύσῃται τὸ νόσημα, λεπίδας ἀπὸ τῆς ἀρτηρίας ἀποβήσσωσιν ἀποσπᾶ οἷας περ ἀπὸ φλυκταινίδων. καὶ ὀδύνη ἐμπίπτει ἐς τὰ στήθεα καὶ ἐς τὸ μετάφρενον καὶ ἐς τὸ πλευρόν, καὶ τῶν ὑποχονδρίων ὡς ἔλκος ψαυόμενος ἀλγέει.

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Τούτῳ συμφέρει ἡσυχίην ὡς μάλιστα τῷ νοσήματι ἔχειν ἔσω, ἢν οὕτως ἔχη. ἢν γάρ τι πονήσῃ, ὅ τε πόνος ὀξύτερος καὶ ἡ βῆξ μᾶλλον ἢ τὸ πρότερον πιέζει, καὶ τὸ ῥίγος καὶ ὁ πυρετὸς μᾶλλον ἔχει καὶ ἢν πταρῇ, ἡ ὀδύνη ὀξέα ἐπέπεσεν. ἀλγέει δὲ καὶ ἐν τῇ εὐνῇ, ὁκόταν περιστρέφεται.<sup>1</sup>

Τούτῳ χρὴ προσφέρειν σιτία μὲν τὰ αὐτά, ἃ καὶ τῷ ἐμπύῳ, ταῦτα δὲ ὡς πλείστα.<sup>2</sup> τῶν δὲ ὀψων τοισίδε χρήσθω. ἰχθύσι μὲν ῥίνης ἢ φάγρου ἢ γαλεοῦ τοῦ μεγάλου τοῦ λευκοῦ, ἢ τῶν ἄλλων τῶν τοιούτων, πᾶσιν ἐν ῥόῳ καὶ ὀριγάνῳ ἡρτυμένοις· κρέας δ' ἐσθιέτω ἀλέκτορος ὁπτὸν ἀναλτον.

<sup>1</sup> Θ begins -φεται.

<sup>2</sup> ὡς πλείστα Θ: οὐ πολλά M.



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times fills up with froth. Chills and fever attack, intensely at the beginning of the disease, but as it advances they become milder and intermittent; pain is sometimes present in the chest, back and sides. When the patient stops expectorating blood, he produces copious moist or sometimes sticky sputum. These things he suffers for fourteen days. After that, if the disease does not go away, in coughing the patient tears off fragments from his bronchial tube as if from blisters; pain occupies his chest, back and side, and on being touched in the hypochondrium, he feels pain as if in an ulcer.

If the case is such, it benefits the patient to rest indoors as much as possible during the disease. For, if he exerts himself in any way, the pain will be sharper, the cough press him more than before, and the chills and fever increase; if he sneezes, it is very painful. He suffers pain even in his bed, whenever he turns over.

You must administer to this patient the same cereals as to one with an internal suppuration, these in very generous amounts. Of main dishes, let him eat the following: of fish angel-fish, braize, large light-coloured dogfish, or others of these kinds, all seasoned in sumach and marjoram; of meats let him eat broiled fowl without salt, or

ἢ αἷγειον ἐφθόν. καὶ οἶνω αὖστηρῶ ὥς παλαιοτά-  
 τω καὶ ἡδίστῳ μέλανι χρήσθω. καὶ περιπάτοισι  
 μετρίοισι χρήσθω πυρετοῦ μὴ ἔχοντος· ἦν δὲ πυ-  
 ρετὸς ἔχη, ῥυφήματι ἢ ἀλεύρῳ ἢ κέγχρῳ χρῆσθαι·  
 ἦν δὲ σιτία προσφέρηται, ὀλίγα προσφερέσθω, καὶ  
 ὅσα τὰ διαχωρητικά. καὶ ἦν φαρμάκου δοκῇ σοι  
 δεῖσθαι, ὑποκάθαιρε αὐτὸν τῷ Κνιδίῳ κόκκῳ ἢ τῇ  
 τιθυμαλλίδι, καὶ μετὰ τὴν κάθαρσιν ἀλεύρου δοῦ-  
 ναι ἐφθοῦ δύο τρυβλία ἐκροφεῖν λιπαροῦ. καὶ  
 ἔπειτα μετὰ ταῦτα ἀνακομίζειν ὥς μάλιστα,  
 ὅπως ἂν ὥς ἥκιστα λεπτὸς ᾖ, πρὸς γὰρ τὴν νοῦ-  
 σον οὐ συμφέρει λεπτὸν εἶναι.

Καὶ περιπάτους ὀλίγους τὸ πρῶτον ποιείσθω,  
 ὥς ἂν μὴ κόπος ἐπιλάβῃ. πυριᾶν δὲ ἄλλοτε καὶ  
 ἄλλοτε, καὶ ἦ ἂν πυριηθῇ ἡμέρη, ἄσιτος ἔστω  
 τὴν ἡμέρην<sup>1</sup> πλὴν ἀλεύρου ἐφθοῦ τρυβλίον ἐκρυ-  
 φείτω. ὕδωρ δὲ πινέτω. τῇ δ' ὕστεραίῃ ἐλάσσονα  
 ἢ ὥς μεμαθήκει φαγέτω, καὶ πιέτω οἶνον μέλα-  
 να, ἡδύν, αὖστηρόν, | ὀλίγον. τὸ δὲ λοιπὸν<sup>2</sup> τρεῖς  
 τῆς ἡμέρης τὰ σιτία διδόναι τούτῳ, μέχρι ἂν  
 καταστήσῃς τὴν κοιλίην, διδοὺς κατ' ὀλίγα· ἐκ  
 γὰρ τῶν πυρετῶν καὶ τῆς ἀσιτίης,<sup>3</sup> τὸ μὲν στόμα  
 θέλει,<sup>4</sup> ἡ δὲ κοιλίη οὐκ ἐθέλει δέχεσθαι, ἦν<sup>5</sup> δὲ  
 ἀθρόον δέξεται, φλεγμαίνει. ἀλλὰ κατ' ὀλίγα δι-  
 δόναι χρή· ἦν γὰρ ἀθρόον δῶς καὶ ὀλίγα πονήσῃ

<sup>1</sup> τὴν ἡμέρην om. M.<sup>2</sup> M adds δις ἡ.<sup>3</sup> M adds ἦν.<sup>4</sup> Θ: μένη M.<sup>5</sup> ἦν om. M.

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boiled goat. Let him drink dry dark wine that is very old and very pleasant. Have him take moderate walks when he is without fever; if fever is present, give gruel, meal or millet; if cereals are given, let them be given in small amounts, together with laxative main dishes. If the patient seems to you to require a medication, clean him downwards with Cnidian berry or sea-spurge, and after the cleaning give him two bowls of rich boiled meal to drink. Then after this strengthen him as much as possible, in order that he will definitely not be thin, for against this disease thinness is no help.

At first, let the patient take only short walks, in order that he does not become fatigued. Treat him with vapour-baths from time to time and, on whichever day these treatments take place, let him fast that day, except for taking a bowl of boiled meal and drinking water. On the following day, have him eat less than is his custom, and drink a little pleasant dry dark wine. From then on, give this patient his food three times a day, a little at a time, until you bring his cavity into order; for, as a consequence of the fevers and the fasting, the mouth wants something, but the cavity is not willing to accept it, and if it does receive a large amount all at once, it becomes swollen. Therefore, you must give the food a little at a time; for, if you give it all at

τοῖς περιπάτοισιν. οὐ διαψύχεται ἡ κοιλίη. ἄτε ἀτρέμα συνεστηκότων τῶν βρωτῶν ἐνταῦθα δὲ καὶ ὁ πυρετὸς φιλέει ἐπιγίνεσθαι. καὶ τοῦ μὲν χειμῶνος ἦσσον λυπέει.<sup>1</sup> τοῦ δὲ θέρεος μᾶλλον.<sup>2</sup>

Τοῦτον ἀνακομίζειν ὥς μάλιστα. ὅπως ἂν παχύτατος ᾖ, καὶ τοῖσι περιπάτοισι μετρίως χρήσθω. καὶ παλαιέτω ἦσσον ἑωυτοῦ. καὶ πονεῖτω ὀλίγα τὸ πρῶτον, ἔπειτα δὲ πλείω. πολλὰ δὲ οὐδέποτε. ταῦτα ἦν ποιέη. ὑγιῆς ἔσται τάχιστα ἦν δὲ λεπτὸς γίνηται διὰ τὴν ταλαιπωρίην. ἀνιέτω καὶ εὐωχεῖσθω ἡσυχίην ἔχων. οὗτος μήτε πρὸς ἄνεμον δράμῃ ὑγιῆς ἔων ὀξέως, μήτε ἐφ' ἵππον μήτ' ἐπὶ ζευγος ἀναβῇ φυλασσέσθω δὲ καὶ βοὴν καὶ ὄξυθυμίνην<sup>1</sup> κίνδυνος γὰρ τὴν νοῦσον πάλιν ἀναλαβεῖν. ἀλλὰ φυλάσσεσθαι χρὴ τούτων πάντων.

Ἦν δὲ τοῦ σίτου ἀποκλεισθῇ. ὀρόβους φώξας τὰ κελύφεια<sup>5</sup> ἀποκαθῆραι. εἶτα βρέξαι αὐτοὺς ἐν ὕδατι τρεῖς ἡμέρας. ἐφ' ἑκάστην δὲ ἡμέρην καὶ ἀπηθέειν τὸ ὕδωρ καὶ ἄλλο ἐπιχεῖν ἔπειτα τῇ τετάρτῃ ἡμέρῃ ἀπηθήσας ξηρῆναι. εἴτ' ἀλέσας διασῆσαι λεπτότατα. καὶ λίνου καρπὸν φώξας. κόψαι λεῖον. καὶ σήσαμον φώσας. κόψαι λεῖον. καὶ ἄλφιστα ἄναλτα καθαρὰ λεπτὰ καὶ τῶν μὲν ἀλφί-

λυπέει om. M.

<sup>2</sup> μᾶλλον Θ: κίνδυνος ἐξαμαρτεῖν M.

<sup>3</sup> Θ adds μηδ'.

<sup>4</sup> φυλασσέσθω ... ὄξυθυμίνην om. Θ.

<sup>5</sup> Ermerins: καὶ λυφα Θ: κέλυφα M.

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once and the patient exerts himself but little in his walks, the cavity is not cooled,<sup>1</sup> inasmuch as the ingesta become congealed and fixed in it, and then fever is inclined to supervene, which produces less stress in winter, but more in summer.

Strengthen this patient thoroughly, in order that he will become very robust; let him take walks in moderation, wrestle less than usual, and exert himself little at first, later more, but never a lot. If he does these things, he will quickly recover; however, if he becomes emaciated because of the exertion, let him give it up, eat heartily, and rest. Let this patient not run against the wind, soon after having recovered, nor ride a horse or in a wagon, and have him avoid shouting and excitement; for there is a danger that the disease will recur, and therefore he must take care in all these matters.

If the patient has no appetite, roast vetches, remove the skins, and then soak them in water for three days, straining off the water each day and pouring in new water; then on the fourth day strain them off and, drying them, grind and sieve them very fine; soak linseed, pound it smooth; do the same with sesame, and with fine white unsalted

<sup>1</sup> Cooling is a phase of normal digestion; cf. *Sacred Disease* 10 and *Diseases IV* 47.

172 των καὶ ὁρόβων ἴσον ἑκατέρου ἔστω, τοῦ δὲ σησά-  
μου τρίτον μέρος μιῆς μερίδος,<sup>1</sup> τοῦ δὲ λίνου ἡμι-  
συ μιῆς μερίδος· ταῦτα ἐν γάλακτι αἰγείῳ ἐψήσας  
ὥς ὑγρότατον ῥυφείτω. μετὰ δὲ διδόναι αὐτῷ ἐς  
οἶνον δὲ τὸν αὐτὸν πίνειν. διδόναι δ' αὐτῷ καὶ  
τῶν ῥιζῶν τῶν πρὸς τὰ ῥήγματα,<sup>2</sup> τῆς κενταυ-  
ρίου ἐπ' οἶνον ἐπιξύων διδόναι δὲ καὶ τοῦ δρακον-  
τίου ἐπιξύων ἐπ' οἶνον καὶ τῆς βηχὸς ἕνεκα ἐν  
μέλιτι τὸ δρακόντιον ξύων διδόναι λείχειν. καὶ  
ἦν τὸ ἔψημα τὸ ἐν τῷ γάλακτι φάσκη μὴ δυνα-  
τὸς εἶναι ῥυφεῖν, γάλα βόειον ὥς πλεῖστον πινέ-  
τω τὸ τρίτον μέρος μελικρήτου παραμίσγων.

Καὶ οὕτως τάχιστα ὑγιῆς ἔσται, ἡ δὲ νοῦσος  
θεραπείης δεῖται πολλῆς, χαλεπὴ γάρ. ἦν δὲ μὴ  
θεραπεύηται<sup>3</sup> ὑγιῆς γενόμενος καὶ ἦν μὴ<sup>4</sup> ἐν φυ-  
λακῇ ἔχῃ ἑωυτόν, τοῖς πολλοῖς ὑποτροπάσασα, ἡ  
νοῦσος ἀπώλεσεν. οὗτος ἦν μὲν ὑπὸ ταύτης τῆς  
θεραπείης λήξῃ,<sup>5</sup> ἄλλις εἰ δὲ μὴ, παχύνας αὐτὸν  
γάλακτι καῦσαι τὰ στήθεα καὶ τὸ μετάφρενον ἦν  
γὰρ τύχης καύσας, ἐλπὶς ἐκφυγεῖν τῆς νούσου.

2. Ἦν δὲ ἡ ἀρτηρίη σπασθῇ ἢ τῶν φλεβῶν  
τις<sup>6</sup> τῶν τεινουσῶν ἐς τὸν πλεύμονα, τάδε πά-  
σχει κατ' ἀρχὰς τῆς νούσου βῆξ ἴσχει ὀξέη, καὶ

<sup>1</sup> μιῆς μερίδος om. M.

<sup>2</sup> M: δῆγ- Θ.

<sup>3</sup> μὴ θεραπεύηται Θ:

θεραπευθεὶς M.

<sup>4</sup> καὶ ἦν μὴ Potter: καὶ ἦν Θ: μὴ M.

<sup>5</sup> Θ: ἰηθῇ M.

<sup>6</sup> ἢ and τις om. M.

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meal; let there be equal amounts of the meal and the vetches, of the sesame one third that amount, and of the linseed one half; boil these in goat's milk, and let the patient drink this as a very moist gruel. From then on, give him for breakfast fine cereals and main dishes of the heartiest kinds; have him drink the same wine. Also, give him roots effective against tears: grate centaury over wine; grate dragon arum over wine, too, and give it. For the cough, grate dragon arum into honey, and give this to the patient to take. If he says that he is not able to drink gruels boiled in milk, let him drink as much cow's milk as he can, mixing into it a third part of melicrat.

In this way the patient will recover most quickly; the disease requires much treatment, for it is severe. If the patient is not cared for after he has recovered, and does not keep a watch over himself, in many the disease has returned and killed them. If the patient recovers with this treatment, fine; if not, fatten him on milk, and cauterize his chest and back; for, if your cautery succeeds, there is hope for him to survive the disease.

2. If the bronchial tube is torn, or one of the vessels extending to the lung, the patient suffers the following: the disease begins with a violent



ῥίγος. καὶ πυρετός, καὶ τὸ σίαλον ἀποπτύει πολὺ καὶ λευκὸν καὶ ἀφρῶδες, ἄλλοτε δὲ ὕφαιμον, καὶ ὀδύνη τὴν κεφαλὴν καὶ τὸν τράχηλον ἴσχει. αὕτη ἡ νοῦσος ἰσχυροτέρη τῆς πρόσθεν· καὶ μέχρι μὲν δέκα ἡμερέων τῶν πρώτων τοιαῦτα πάσχει· ἔπειτα οἱ πολλοὶ τῇ ἐνδεκάτῃ ἡμέρῃ πύα ἀποπτύουσι παχέα βιαιῶς· ἡμέρῃ δὲ καὶ ἡμέρῃ<sup>1</sup> καθαρώτερα ἀποπτύει, ἣν φύξιμος ἦ, καὶ τῇ ὀδύνη ἡσσον πονέει, καὶ ἐν τάχει ὑγιὴς γίνεται. ἣν δὲ μέλλῃ πολυχρόνιος ἡ νοῦσος ἔσεσθαι, τὰ τε πύα  
 174 πολλῶ πλείω ἀποπτύει, | καὶ ὁ ἄλλος πόνος ἐν τῷ σώματι πολλῶ ἐνὶ πλείων· αἱ δὲ θερμαὶ βληχρότερον ἔχουσιν ἢ τὸ πρίν.

Τοῦτον ἦν λάβῃς κατ' ἀρχάς, ὑποκάθαιρε κάτω ὁπῶ σκαμωνίης, ἣν ἀπύρετος ἦ<sup>2</sup> μετὰ δὲ τὴν κάθαρσιν προσφερέσθω τὰ αὐτὰ ἅ καὶ πρόσθεν, καὶ τὰ ἄλλα τὰ αὐτὰ προσφερέσθω, ἡσυχίην ἔχων ὥς μάλιστα τῷ σώματι, καὶ μαλθακῶς κοιμάσθω ταῦτα μὲν κατ' ἀρχὰς ποιεῖτω μέχρι τῶν δέκα ἡμερέων. ἣν δ' ἔμπυος γένηται, τὰ αὐτὰ ἅ καὶ ὁ ἔμπροσθεν<sup>3</sup> ποιεῖτω ἣν δ' ὑγιὴς γένηται, τῶνδε χρὴ ἀπέχεσθαι, σιτίων μὲν καὶ ποτῶν ὀξέων καὶ δριμέων καὶ ἀλυκῶν καὶ λιπαρῶν ταλαιπωρίων δὲ χρὴ ἀπέχεσθαι τῶν αὐτῶν ὧν καὶ οἱ πρόσθεν.

<sup>1</sup> καὶ ἡμέρῃ (+): om. M: decimaquarta Cornarius: τεσσαρεσκαίδεκάτῃ Foes (n. 9), Vander Linden: τετάρτῃ καὶ δεκάτῃ Littre after Mack. <sup>2</sup> ἣν ἀπύρετος ἦ om. Θ. <sup>3</sup> Θ: πρόσθεν M.



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cough, chills and fever; he expectorates copious white frothy sputum, sometimes charged with blood, and pain occupies his head and neck. This disease is severer than the preceding one, and the patient suffers these symptoms for the first ten days. Then, on the eleventh day, many cough up thick pus quite violently; day by day the sputum becomes cleaner, if the patient is to escape, he suffers less pain, and he quickly recovers. But, if the disease is to become chronic, he expectorates much more pus, and the suffering in the rest of his body is much greater; the fevers, though, are milder than before.

If you take on this patient at the beginning, clean him downwards with scammony juice, if he is without fever. After the cleaning, let the patient take the same things administered in the preceding case. Otherwise, too, let him take the same things, rest his body as much as possible, and sleep in a soft bed. Have him do these things at the beginning, up to the tenth day. If he suppurates internally, let him do the same things that the preceding patient did for internal suppuration. If he recovers, he must refrain from the following: foods and drinks that are acid, sharp, salty and fat; he must also avoid the same exertions that the preceding patients avoided. If he follows these instructions,

ταῦτα ἦν ποιέη, τάχιστα τῆς νούσου ἀπαλλαγῆ-  
σεται ἦν δέ τι τούτων μὴ ποιήσῃ, κινδυνεύσει  
πάλιν ὑποτροπάσαι, καὶ ἡ νοῦσος κάκιον ἔχειν  
καὶ οἱ πολλοὶ πλευμορρωγέες ἔοντες διατελέου-  
σιν, ἕως ἂν ἀποθάνωσι.

Τοῦτον ἦν μὴ παραχρῆμά τις ἰήσῃται, ὑποτρο-  
πασάσης τῆς νούσου, οὐκ ἂν ἔχοις ὠφελῆσαι. εἰ  
δὲ μὴ τάδε ποιήσῃς· γάλακτι βοείῳ παχύνας,  
καύσαι τὰ στήθεα καὶ τὸ μετάφρενον· ἦν γὰρ  
τύχης καύσας, ἡ αὐτὴ ἂν ὠφελίη γένοιτο. ἡ δὲ  
νοῦσος ἀπὸ τῶν αὐτῶν ἁμαρτιῶν γίνεται ὥσπερ<sup>1</sup>  
καὶ ἡ πρόσθεν.

3. Πλεύμονος ἥδε<sup>2</sup> γίνεται μὲν ἡ νοῦσος ἀπὸ  
τῶνδε μάλιστα· ὅταν ὁ πλεύμων αἷμα ἐλκύσας  
ἐφ' ἑωυτὸν ἢ φλέγμα ἁλμυρὸν μὴ ἀφῇ πάλιν,  
ἀλλ' αὐτοῦ ξυστραφῇ καὶ ξυσσαπῇ<sup>3</sup> ἀπὸ τούτων  
φύματα φιλέει γίνεσθαι ἐν τῷ πλεύμονι καὶ ἐκ-  
πυοῦσθαι. οὗτος δὲ τάδε πάσχει κατ' ἀρχὰς καὶ  
διὰ παντὸς<sup>4</sup> τοῦ νοσήματος· βῆξ ὀξέη ἔχει καὶ ξη-  
ρή, καὶ ῥίγος, καὶ πυρετός, καὶ ὀδύνη ἐν τοῖσι  
176 στήθεσι καὶ ἐν τῷ μεταφρένῳ ἔγκειται. | ἐνίστε  
δὲ καὶ ἐν τῷ πλευρῷ καὶ ὀρθοπνοίῃ σφοδρὴ ἐπι-  
πίπτει.<sup>5</sup> οὗτος μὲν μέχρι τεσσερεσκαίδεκα ἡμε-  
ρέων τοιαῦτα πάσχων διατελεί, πολλάκις δὲ καὶ  
ἐπὶ πλεῦνας τεσσερεσκαίδεκα ἡμερέων<sup>6</sup> ἔπειτα

<sup>1</sup> Θ: ὡν M.<sup>2</sup> Θ: δὲ M.<sup>3</sup> Θ: συμπαγῇ M.<sup>4</sup> καὶ διὰ

παντὸς om. Θ.

<sup>5</sup> Θ: ἐμ- M.<sup>6</sup> ἐπὶ π. τ. ἡ. Θ: πλείονας δεκα-

τέσσαρας ἡμέρας M.

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he will get over the disease most quickly; but, if he does not follow some of them, he runs the risk of a relapse and the disease then being worse. Many patients continue with a tear in their lung until they die.

If someone does not treat this patient right away, when the disease recurs your only means of helping him would be to do the following: fatten him on cow's milk, and then cauterize his chest and back; if your cautery succeeds, the same benefit will result as above. This disease arises as a result of the same insults as the preceding one.

3. This disease of the lung generally arises in the following way: when the lung attracts blood or salty phlegm and does not discharge it again, but it gathers there and grows putrid, from this tubercles are likely to form in the lung and to produce pus. From the beginning and all through the disease this patient suffers the following: a sharp dry cough, chills, and fever; pain in the chest and back, sometimes also in the side; severe orthopnoea. These continue until the fourteenth day, often for even more than fourteen days. Then pus breaks

ρήγνυται πύα. καὶ ἀποπτύει πολὺ πολλάκις δὲ καὶ οἶον χιτῶνας ἀραχνίων ἀποπτύει. πολλάκις δὲ<sup>1</sup> ὕφαιμον. καὶ ἦν μὲν ἀποκαθαρθῇ καὶ ἀπισχνανθῇ ἐνταῦθα<sup>2</sup> ὁ πλεύμων. ἐλπίς<sup>3</sup> ἐκφυγεῖν ἦν δὲ μὴ προσέχη. ἡ νοῦσος ἐπ' ἐνιαυτὸν παρατείνει.<sup>4</sup> καὶ μεταβάλλει ἄλλοτε ἄλλοια πάσχων.

Τούτῳ χρὴ κατ' ἀρχὰς μὲν. πρὶν τὰ πύα ῥαγῇ-  
ναι. προσφέρειν τάδε ὅταν ἀνῆ<sup>5</sup> ὁ πυρετός. λούειν θερμῷ καὶ πολλῷ. καὶ ῥυφήμασι χλιαροῖσι<sup>6</sup> χρή-  
σθω. πτισάνης χυλῷ καθέφθω μέλι παραχέας.  
ὅταν ἐφθῇ<sup>7</sup> καὶ οἶνον πινέτω λευκὸν γλυκύν. ἢ  
μελίκρητον ἐφθόν. ὅταν δὲ ἅπαξ ἄρξηται τὰ πύα  
ἀποπτύειν. πινέτω τὰ αὐτά. ἃ καὶ ὁ πρόσθεν  
ἔμπυος. καὶ σιτίοισι καὶ ποτοῖσι καὶ ὄψιοις τοῖς  
αὐτοῖσι χρήσθω. ἀπεχόμενος ὀξέων καὶ δριμέων καὶ  
άλυκῶν καὶ λιπαρῶν καὶ λαγνείης καὶ θωρηξίων.  
ἦν μὴ τῇ νοῦσῳ πρόσφορον ἢ ἐς χρήμα<sup>8</sup> δὲ ὄρων  
μελετᾶν ὁποίων ἂν<sup>9</sup> τινῶν σοι δοκῇ δεῖσθαι. τὰ  
δ' ἄλλα μετὰ ταῦτα ταῦτα<sup>10</sup> ποιεῖτω πινέτω δὲ  
καὶ γάλα τὴν ὥρην βοὸς καὶ αἰγός. πρόσθεν δὲ  
ὑποκάθαιρε<sup>11</sup> ἐφθῶ ὀνείῳ γάλακτι πινέτω δὲ καὶ  
τὸ ἵππειον γάλα σσεσισμένοι ἐκάστης ἡμέρης  
ἔωθεν τρικότυλον κύλικα.<sup>12</sup>

<sup>1</sup> M adds καί.

<sup>2</sup> Θ: ἐν τάχει M.

<sup>3</sup> ἐλπίς om. M.

<sup>4</sup> ἡ νοῦσος . . . παρατείνει Θ: ἐνιαυτὸν ἢ νοῦσος M.

<sup>5</sup> Θ: ἦ M.

<sup>6</sup> Θ: πολλοῖς M.

<sup>7</sup> Θ: ἐφθόν ἦ M.

<sup>8</sup> Θ: χρῶμα M.

<sup>9</sup> Θ: οὖν M.

<sup>10</sup> μ. τ. τ. Θ: τὰ αὐτὰ M.

<sup>11</sup> Θ: -καθηράσθω M.

<sup>12</sup> M adds ἦν ἢ δυνατός.

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out and the patient coughs much up; often he also expectorates material that looks like spiders' webs, and often sputum charged with blood. If the lung then becomes clean and the swelling in it goes down, there is hope of recovery; but, if it does not stay that way, the disease stretches out over a year, and the patient suffers different things at different times.

At the beginning before pus breaks out, you must administer the following to this patient: when his fever is in remission, wash him in copious hot water, and let him take warm gruels—boiled-down barley-water to which boiled honey has later been added—and drink wine that is white and sweet, or boiled melicrat. When he once begins to expectorate pus, have him drink the same things as the patient above with internal suppuration, take the same cereals, drinks and main dishes avoiding acid, sharp, salty and fat ones, and refrain from venery and from drinking to intoxication, except where the latter is appropriate to the disease. Pay attention to the patient's condition, and attend to whatever seems to you to require it. After the expectoration, let him do the same things as well; also let him drink cow's and goat's milk in season, after first being cleaned out downwards with boiled ass's milk, and drink a three-cotyle cup of shaken mare's milk early every morning.

Καὶ ἦν μὲν οὕτω μελετώμενος ῥαΐση.<sup>1</sup> καὶ μὴ  
 ραγῇ τὰ πύα ἐς τὰ στήθεα, αὐτὸς ἐφ' ἑωυτοῦ  
 θεραπευέσθω ἥσυχος<sup>2</sup> ἔχων τῷ σώματι ὡς μάλιστα  
 καὶ τὰ σύμφορα προσφέρων ἑωυτῷ. ἦν δὲ ραγῇ  
 τὰ πύα ἐς τὰ στήθεα, ὅπῃ ἂν σοι δοκῇ ἀπο-  
 178 σημαίνειν μάλιστα, ταύτῃ ταμὼν ἢ | καύσας.  
 ἀφιέναι τοῦ πύου ὀλίγον τὸ πρῶτον· τὰ δ' ἄλλα  
 ποιεῖν τὰ αὐτά, ἃ καὶ ἐπὶ τοῦ πρόσθεν ἐμπύου.<sup>3</sup>

4. Ἦν ἐν πλεύμονι κισσὸς ἐγγένηται, βῆξ ξηρὴ  
 ἐπιλαμβάνει, καὶ ῥίγος, καὶ πυρετός, κατ' ἀρχὰς  
 μὲν τῆς νούσου πάννυ<sup>4</sup> ἔχει δὲ καὶ ὀρθοπνοίη,  
 καὶ ἐν τῇ κεφαλῇ ὀδύνη ἔστηκε.<sup>5</sup> καὶ αἱ ὀφρύες  
 δοκέουσιν ἐπικρέμασθαι, καὶ οἷδημα κατέρχεται  
 ἐς τὸ πρόσωπον καὶ ἐς τὰ στήθεα καὶ ἐς τοὺς  
 πόδας. πολλάκις δὲ καὶ ἐς τὴν κεφαλὴν ἐρείδει,  
 καὶ ὑπὸ τῆς ὀδύνης, ὅταν ὁ πόνος ἔχῃ, οὐ δύναται  
 ἀνορᾶν τὸ δὲ σῶμα ὑπωχρον, καὶ αἱ φλέβες<sup>6</sup>  
 αὐτοῦ διατείνουσιν ἢ φλόγειαι ἢ μέλαιναι.

Τοῦτον, ὅταν οὕτως ἔχῃ καὶ ὁ πόνος μάλιστα  
 πιέζῃ, πρῶτον μὲν αἷμα ἀφαιρέειν, ἔπειτα<sup>7</sup>  
 λούειν πολλῷ καὶ θερμῷ καὶ ὅταν δίψα ἔχῃ, πί-  
 νειν διδόναι κυκεῶνα ἐν οἴνῳ μέλανι αὐστηρῷ, ὡς  
 ἡδίστω, ἴσον ἴσῳ μίξας· ψυχρὸν δὲ χρὴ ὡς μάλι-

<sup>1</sup> M adds ἅλς.

<sup>2</sup> ἐφ' ἐ. θ. ἦ. Θ: ἐαυτὸν θεραπευέτω ἡσυχίην M.

<sup>3</sup> M adds γενομένου.

<sup>4</sup> M adds σφόδρα.

<sup>5</sup> ὁ. ἕ. Θ:

ἐνέστηκε M.

<sup>6</sup> M adds δ'.

<sup>7</sup> πρῶτον . . . ἔπειτα om. Θ.

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If, when cared for in this way, the patient gets better, and pus does not break out into his chest, let him take over his own treatment, keeping his body as quiet as possible and administering to himself what is fitting. But if pus breaks out into his chest, wherever the signs seem to you to point most, incise or cauterize there and at first draw out a small amount of pus; then continue with the same course of treatment as in the case of internal suppuration above.

4. If a varix forms in the lung, a dry cough, chills and fever set in right at the beginning of the disease. There is also orthopnoea, pain occupies the head, the eyebrows seem to overhang, and the face, chest and feet swell up. Often the disease becomes fixed in the head, and from the pain, when it is pressing, the patient cannot look up. The body is pale-yellow, and the vessels show their course through it by their red or dark colour.

This patient, when the case is such and pain is pressing him intensely, first subject to a blood-letting, and then wash him in copious hot water; when thirst is present, give him a cyceon in dry dark very pleasant wine to drink, mixing together an equal amount of each; he must drink this as

στα πίνειν ῥυφήμασι δὲ χρῆσθαι. πτισάνης χυλῶ καθέφθω μέλι<sup>1</sup> παραχέας. ταῦτα χρὴ προσφέρειν ἐν τῇσι πρώτῃσι τῶν ἡμερέων τεσσαρεσκαίδεκα. ἣν δ' ἐπὶ πλέον ἢ νοῦσος ἔχῃ, ὃ τε πόνος πλείων ἐν τῷ σώματι καὶ ἡ ἀδυναμία ἐνῇ, τούτῳ οὕτως<sup>2</sup> ἔχοντι τὰ αὐτὰ προσφέρειν, ἃ καὶ ἐν τῷ ἐμπύῳ τὸν πλεύμονα, ὅταν αἱ τεσσαρεσκαίδεκα ἡμέραι παρέλθωσιν.

Αὕτη ἡ νοῦσος μάλιστα<sup>3</sup> γίνεται ἀπὸ ταλαιπωρίας καὶ αἵματος<sup>4</sup> καὶ χολῆς μελαίνης. (5.) ὅταν τὰ κοῖλα φλέβια τὰ ἐν τῷ πλεύμονι διέχοντα πλησθῇ αἵματος ἢ χολῆς μελαίνης, συνέρρηξεν εἰς ἄλληλα τὰ φλέβια, ἅτε ἐν στενοῖσιν ἑόντα καὶ ἀπειλημμένα καὶ ἔξοδον οὐκ ἔχοντα, ὀδύνην παρέχει καὶ φῦσαν ἐν τῷ πλεύμονι.

180 Αὕτη ἡ νοῦσος χαλεπὴ καὶ θερα|πείης πολλῆς δεῖται· εἰ δὲ μὴ, οὐκ ἐθέλει ἐκλείπειν, ἀλλὰ τοῖσι πολλοῖσι συναποθνήσκει.

6. Ἦν δ' ἐρυσίπελας ἐν τῷ<sup>5</sup> πλεύμονι γένηται, ἐγγίνεται δὲ μάλιστα ἀπ' οἰνοφλυγίης καὶ γαστριμαργίης ἰχθύων κεφάλων καὶ ἐγχελύων· ταῦτα γὰρ τὴν πιμελὴν πολεμιωτάτην ἔχει πρὸς τὴν φύσιν τοῦ ἀνθρώπου· ἥδη δὲ τὸ νόσημα ἐγένετο καὶ ἀπὸ φλέγματος, ὅταν μιγὲν τῷ αἵματι

<sup>1</sup> M adds χρῆσθον.

<sup>2</sup> Θ: δὲ M.

<sup>3</sup> μάλιστα om. M.

<sup>4</sup> καὶ αἵματος om. M.

<sup>5</sup> δ' . . . τῷ Θ: φλεγμονῇ ἐν M.



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cold as possible. Also, employ as gruel boiled-down barley-water to which you have added honey. These things you must administer in the first fourteen days. If the disease continues longer, and there is more pain and weakness of the body, after the fourteen days administer to this patient, as long as his condition is such, the same things given for suppuration of the lung.

This disease usually arises from exertion, blood and dark bile. (5.)<sup>1</sup> For, when the hollow vessels extending through the lung become filled with blood or dark bile, they break into one another and, inasmuch as they are in narrow straits, cut off and without any exit, produce pain and breathlessness in the lung.

This disease is severe and requires much attention; without this, it is not willing to leave off, but clings to many patients until they die.

6. If erysipelas arises in the lung, it is usually from drunkenness or the consumption of too many grey mullets and eels, for these fish contain a fat most harmful to man's constitution. On occasion, the disease has also arisen from phlegm, when, on

<sup>1</sup> From Vander Linden, the first editor to divide the text into chapters, down to Littré, what follows has been designated as a new chapter. I agree with Jouanna (p. 222 n. 3), however, that Littré's chapters 4 and 5 are in fact parts of one and the same disease description.

ἐπιρρυῇ ἐπὶ τὸν πλεύμονα προσπίπτει δὲ καὶ ἐκ κρηφαιγίης ἐξ ὕδατος μεταβολῆς.

Τάδε οὖν πάσχει βήσσει ἰσχυρῶς, καὶ τὸ σία-  
λον ἀποπτύει ὑγρὸν καὶ πολὺ, πολλάκις δὲ λευ-  
κὸν καὶ παχύ, οἶον ἀπὸ βράγχου καὶ ὀδύνη πιέζει  
ὀξέη ἐς τὰ στήθεα καὶ τὸ μετάφρενον καὶ τοὺς  
κενεῶνας καὶ τὰ πλευρά, καὶ ἐρεύγεται ὀξύ, καὶ  
ἐκ τῶν πλευμόνων καὶ στηθέων οἶον γαστήρ τρυ-  
λίζει, καὶ ἐμέει λάμπην ὀξέην, καὶ τὸ ἔμεσμα ἦν  
ἐκκέρης χαμάζε, ξύει τὴν γῆν ὥσπερ ὄξος ἐπι-  
χέαντι, καὶ τοὺς ὀδόντας αἰμωδιᾷ, καὶ ῥίγος καὶ  
πυρετὸς καὶ δίψα ἔχει ἰσχυρή, καὶ ἦν τι θέλη  
λιπαρὸν φαγεῖν, μύζει πρὸς τὰ σπλάγχνα καὶ  
ἔμετον ἄγει καὶ τὸ σῶμα ἅπαν νάρκα ἔχει, ὅταν  
δ' ἀπεμέσῃ, ἐπ' <sup>1</sup> ὀλίγον δοκέει ῥᾶον εἶναι ἔπειτα  
ἐπὴν τῆς ἡμέρης ὀψίτερον γένηται, βρέμει ἢ  
κοιλίῃ καὶ στρέφει καὶ βορβορύζει.

Τοῦτον ὅταν οὕτως ἔχῃ ὧδε μελετᾶν <sup>2</sup> μίξας  
γάλα καὶ μέλι καὶ ὄξος καὶ ὕδωρ, ταῦτα ἐγχέας  
εἰς χυτρίδα χλιαίνειν, καὶ ὀριγάνου κλωνίοισι τῆς  
κεφαλοειδέος ταραάσσειν ἔπειτα ὅταν <sup>3</sup> χλιαρὸν ᾗ,  
δοῦναι ἐκπιεῖν, ἢ λαβόμενος τῆς γλώσσης, ἔγχει  
ἡσυχῇ διὰ σύριγγος εἶτα κελεύειν συνειληθέντα  
ἡσυχίην ἔχειν ἔπειτα ἦν ἔμετος ἔλθῃ αὐτῷ,  
182 ἐμείτω προθύμως ἦν δὲ μὴ | ἐπίῃ, καταματεύ-

<sup>1</sup> ἐπ' om. Θ.

<sup>2</sup> ὦ. μ. Θ: καὶ δοκέη καιρὸς εἶναι, προσαίρειν ὧδε  
μελέτην M.

<sup>3</sup> Θ: ἐπειδὴν δὲ M.

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being mixed with the blood, it flowed to the lung; it may also attack as the result of eating meat, or from a change of water.

The patient suffers the following: he coughs violently and expectorates copious moist sputum, often thick and white like that from a sore throat. Sharp pains press on his chest, back, flanks and sides, he has oxyrygmia, and from his lungs and chest he gurgles as if from a belly. He vomits up a sharp scum, and if you pour out the vomitus onto the earth, it corrodes the earth as vinegar does when it is poured on the earth. His teeth are set on edge, and chills, fever and violent thirst are present. If the patient is willing to eat any substantial food, it rumbles in his inward parts and provokes vomiting; numbness comes over his whole body. When he has vomited, for a short while he seems to be better, but then later in the day his cavity roars and twists and rumbles.

When the case is such treat the patient as follows: pour milk, honey, vinegar and water together into a pot, warm, and stir in twigs of the head-shaped marjoram; then, when this is warm, give it to the patient to drink off, or take hold of his tongue and pour it in gently through a pipe. Next order the patient to cover up and to keep quiet. Then, if vomiting comes on, let him vomit actively; but if vomiting does not occur spontaneously, let

## ΠΕΡΙ ΤΩΝ ΕΝΤΟΣ ΠΑΘΩΝ

μενος πτερῶ ἐμείτω καὶ ἦν τι φλέγματος ἐμέση. ἐπὶ πέντε ἡμέρας ταῦτα ποιεῖτω ῥάων γὰρ ἔσται. πινέτω δὲ τοῦτο γυμνασάμενος, ἦν οἶός τε ἦ. καὶ λουσάμενος πολλῶ θερμῶ· εἰ δὲ μή. ἀλλὰ λουσάμενος.

Ὅταν δὲ αἱ πέντε ἡμέραι παρέλθωσι, πρώϊος νῆστις πινέτω ἐν μελικρήτῳ ἢ οἶνῳ καὶ μέλιτι ὁπὸν σιλφίου ὅσον ὄροβον, καὶ σκόροδον τρωγέτω καὶ ῥαφανίδας νῆστις, καὶ οἶνον ἄκρητον ἐπιρρυφανέτω μέλαινα ἢ λευκὸν αὐστηρόν· τρωγέτω<sup>1</sup> δὲ καὶ ἐπὶ σίτῳ καὶ μετὰ τὸ σίτοι· σιτίοισι δὲ ξηροῖσι καὶ κρέασιν ὀνειόισιν ἢ<sup>2</sup> κυνέιοισι χρῆσθαι ἐφθοῖσιν. ἦν τὸ ῥίγος καὶ ὁ πυρετὸς μὴ ἐπιλαμβάνη. οὗτος ἦν μὲν ἀπὸ τοῦ ἐγχύματος καθαίρηται· τι εἰ δὲ μή. ἄνω κάθαιρε αὐτὸν ἐλλεβόρῳ μετὰ δὲ τὴν κάθαρσιν ἀλεύρου ἐφθοῦ διδόναι δύο τρυβλία ἐκρυφεῖν μέλι παραχέας· οἶνον τὸν αὐτὸν πινέτω καὶ ὕδαρέα.

Ἦν<sup>3</sup> δὲ μὴ κατ' ἀρχὰς παραγίνει<sup>4</sup> τῇ νούσῳ, παχύνας αὐτὸν γάλακτι, καῦσαι τὰ στήθεα· καὶ τὸ μετὰφρενον οὕτω γὰρ ἂν μάλιστα τῆς νούσου ἀπαλλαγείη. ἦν δὲ μὴ καυθῇ, προσέχει καὶ οὐ μάλα ἐκλείπει, ἀλλ' ἐς τὸ γῆρας προσέχει πολλάκις δὲ καὶ συναποθνήσκει, ἦν μὴ ἐν τῇσι

<sup>1</sup> Θ: πινέτω M.

<sup>2</sup> ὀνειόισιν ἢ om. M.

<sup>3</sup> Θ: Εἰ M.

<sup>4</sup> Θ: -ηται M.

<sup>5</sup> After στήθεα nine leaves are missing in Θ.

## INTERNAL AFFECTIONS

him vomit by being tickled with a feather. If he vomits up any phlegm, repeat the same treatment for five days, for he will improve. Have him drink this potion after bathing in copious hot water and, if he is able, exercising; if he is not able to exercise, then at least after bathing.

When the five days are up, early in the morning let the patient drink in the fasting state silphium juice, to the amount of a vetch, in melicrat or in wine and honey, eat garlic and radishes, and on top of that take dry white or dark wine unmixed with water; let him also take these things with his meal, and after it. If chills and fever are not present, give dry cereals and the meat of ass or dog boiled. If this patient is cleaned out to some extent by the instillation, fine; if not, clean him upwards with hellebore. After the cleaning, add honey to two bowls of boiled meal and give him this to drink off; let him drink the same wine well mixed with water.

If you were not present at the beginning of the disease, first fatten the patient on milk, and then cauterize his chest and back; for this gives him the greater chance of recovering. If he is not cauterized, the disease continues and rarely goes away, tending in most cases to remain into old age; often it even clings to the patient until he dies, if he does

πρώτῃσι ἡμέρησι τεσσαράκοντα ἀποθανῇ· ἀλλὰ  
 χρή μελεδώνης μάλιστα. καὶ ὄρον καὶ γάλα τὴν  
 ὥρην πινέτω βοὸς καὶ αἰγὸς καὶ ὄνειον καὶ  
 ἵππειον<sup>1</sup> οὕτω γὰρ ἂν ῥῆϊστα διάγοι ἢ δὲ νοῦσος  
 χαλεπή.

184 7. Ἦν πλεύμων [ἀπὸ ἐρυσσιπέλατος]<sup>2</sup> οἰδήσῃ,  
 τὸ δὲ οἰδημα μάλιστα ἀπὸ αἵματος γίνεται, ὅταν  
 ἐς ἑωυτὸν ὁ πλεύμων ἐλκύσῃ αἷμα | καὶ ἔχῃ ἀνα-  
 λαβών· τὸ δὲ νόσημα θέρεος [ἢ] ὥρῃ<sup>3</sup> μάλιστα  
 γίνεται. τάδε οὖν ἀπ' αὐτοῦ πάσχει βῆξ ξηρὴ  
 ἐμπίπτει, καὶ ῥίγος, καὶ πυρετός, καὶ ὀρθοπνοίη,  
 καὶ ὁ πόνος ἰσχυρὸς ἐν τοῖσι στήθεσι καὶ τὰς  
 ῥίνας πίτνα ὡς ἵππος δραμῶν, καὶ τὴν γλῶσσαν  
 ἐξίσχει ὡς κύων θέρεος ὑπὸ καύματος.<sup>4</sup> καὶ οἰδη-  
 μα τὰ στήθεα κατέχει, καὶ φθέγγεται βραχέως,  
 καὶ ἐρύθημα καὶ κνησμὸς ἐν τῷ σώματι καθέστη-  
 κε· καὶ ὑπὸ τοῦ πόνου κατακέεσθαι οὐ δύναται,  
 ἀλλ' αὐτὸς αὐτὸν ῥίπτει ἀλύων. οὗτος θνήσκει ἐν  
 ἑπτὰ ἡμέρησι μάλιστα· ἦν δὲ ταύτας ἐκφύγη, οὐ  
 μάλα θνήσκει.

Τοῦτον, ὁκόταν ᾧδε ἔχῃ, λῆσθαι τοῖσδεσι ψύ-  
 χειν τὸ σῶμα τεῦτλα ἐν ὕδατι ψυχρῷ βάπτων  
 προστιθέναι μάλιστα πρὸς τὸ πονέον<sup>5</sup> μάλιστα, ἢ  
 ῥάκεα βάπτων ἐν ὕδατι ψυχρῷ καὶ ἐκθλίβων

<sup>1</sup> Ermerins: -ου καὶ -ου M.  
 (p. 200): ἢ ὥρη M.

<sup>2</sup> Del. Potter.

<sup>3</sup> Jouanna

<sup>4</sup> M in marg.: ὑπὸ τοῦ πνεύματος M.

<sup>5</sup> Jouanna: τὸ πον νεον M.

## INTERNAL AFFECTIONS

not succumb within the first forty days. Treatment is essential. Let the patient drink in season whey and milk of cow, goat, ass and mare, for with this regimen he will fare most easily; the disease is severe.

7. If the lung swells up,<sup>1</sup> the swelling occurs chiefly from blood, when the lung attracts blood to itself and, taking it up, retains it; the disease occurs mainly in summer. This is what the patient suffers from it: there are dry cough, with chills, fever and orthopnoea, and severe pain in the chest; the patient dilates his nostrils like a running horse, and protrudes his tongue as a dog does in summer from the heat. Swelling occupies his chest, the patient speaks little, and redness and itching settle over his body; because of the pain, he is not able to lie down, but is distraught and casts himself about. This patient usually dies in seven days; if he survives these, death is rare.

When the case is such, treat the patient by cooling his body with the following: immerse beets in cold water and apply this especially to the most painful areas; or soak rags in cold water, squeeze

<sup>1</sup> This disease corresponds to *Diseases II* 58 and *Diseases III* 7 ("if the lung becomes full"), and not to *Diseases II* 55 (erysipelas); the disease just described in *Internal Affections* 6, called by Θ erysipelas but by Μ φλεγμονή, does correspond to *Diseases II* 55. I therefore delete ἀπὸ ἐρυσιπέλατος here.

προστιθέναι. κῆν μὲν οὕτω ῥήϊση· εἰ μή, κεραμικῇ γῇ ψυχρῇ καταπλάσσειν, καὶ ἐν τῇ αἰθρίῃ κοιμάσθω. οὕτω γὰρ ἂν μάλιστα μελετώμενος φύγοι ἂν τὰς ἑπτὰ ἡμέρας. ὁκόταν δὲ αἱ ἑπτὰ ἡμέραι παρέλθωσι καὶ ἡ ὁδύνη προσέχη, χρίων ἐλαίῳ τὸ πονέον μέρος μάλιστα, χλιάσματα προστιθέναι τὰ αὐτά, ἃ καὶ τῇ πλευρίτιδι. καὶ τόδε<sup>1</sup> πίσαι αὐτὸν ἐς ὑποκάθαρσιν τοῦ πεπλίου καὶ τῆς μηκωνίδος καὶ τοῦ κόκκου τοῦ Κνιδίου· καὶ μετὰ τὴν κάθαρσιν φακῆς τρυβλίον δοῦναι ῥοφῆσαι, πινέτω δὲ ὕδωρ. τῇ δ' ὕστεραίῃ λοῦσαι αὐτὸν πολλῶ καὶ θερμῶ πλὴν τῆς κεφαλῆς· ἔπειτα πίσαι ὀρίγανον ἐν μελικρήτῳ ἀποβρέξας· ποτοῖσι δὲ ὥς θερμοτάτοισι χρεέσθω· σιτία δὲ προσφερέσθω τὰ αὐτά ταῦτα, ἃ καὶ ὁ ὑπὸ τῆς πλευρίτιδος ἐαλω|κώς, ἦν μὴ πυρετὸς προσίσχη. αὕτη ἡ νοῦσος χαλεπή, καὶ παῦροι ἐκφυγάνουσι.

8. Ἦν <τὸ><sup>2</sup> στήθος καὶ <τὸ><sup>2</sup> μετάφρενον ἀναρραγῇ—ῥήγνυται δὲ μάλιστα ἀπὸ τάλαιπωρίης—τάδε οὖν πάσχει. βῆξ ἴσχει ὀξείῃ, καὶ τὸ σίαλον ἐνίοτε ἀποπτύει ὕφαιμον, καὶ ῥίγος καὶ πυρετὸς ἐπιλαμβάνει τὰ πολλά, καὶ ἐν τῷ στήθεϊ καὶ ἐν τῷ μεταφρένῳ ὁδύνη ὀξείῃ ἔνεστι, καὶ ἐν τῷ πλευρῷ δοκέει οἶον λίθος ἐγκέεσθαι, καὶ κεντέεσθαι ὑπὸ τῆς ὁδύνης διαμπερέως, ὥς εἰ βελόνη τις κεντοίῃ.

<sup>1</sup> Jouanna: τῷδε M.

<sup>2</sup> Later mss.



## INTERNAL AFFECTIONS

them out, and apply; if the patient is relieved in this way, fine. If not, plaster him over with cold potter's earth, and have him sleep in the open air. If treated in such a way, the patient is most likely to survive the seven days. When the seven days have passed, if pain is still present, anoint the most painful parts with olive oil, and apply the same fomentations as for pleurisy. Also this: have the patient drink, in order to clean downwards, wild purslane, sea-spurge, and Cnidian berry; after the cleaning, give a bowl of lentil-soup as gruel, and let him drink water. The next day, wash him with copious hot water, except for his head. Then have him drink marjoram well steeped in melicrat; let him take drinks as hot as possible. Administer the same cereals as to a patient with pleurisy, unless fever is present. This disease is severe, and few escape it.

8. If the chest and back are torn apart—in most cases this happens as the result of exertion—the patient suffers the following: he has a sharp cough which sometimes produces sputum charged with blood; in most cases chills and fever supervene; in the chest and back there is sharp pain, and in the side there seems to be something like a stone; the patient is pierced through by pain as if a needle were pricking him.

Τοῦτον ὁκόταν ᾧδε ἔχῃ, παραχρῆμα γάλακτι πιήνας καῦσαι τὰ στήθεα καὶ τὸ μετάφρενον· καὶ οὕτω τάχιστα ὑγιὲς ἔσται. τὸ δὲ λοιπὸν ἡσυχάζων τῷ σώματι μάλιστα διαιτῆσθαι, ἣν γάρ τι πονήσῃ ἢ ἐπὶ ἅμαξαν ἀναβάς ἢ ἐφ' ἵππον, ἢ τοῖσιν ὤμοισιν αὐτὸς ταλαιπωρήσῃ, κινδυνεύσει πάλιν ὑποτροπιάσαι ἢ νοῦσος, καί, ἣν ὑποτροπιάσῃ, κίνδυνος διαφθαρῆναι τὸ γὰρ νόσημα μᾶλλον πιέζει ἢ κατ' ἀρχάς. ἣν δὲ μὴ καυθῇ, τοῖσι αὐτοῖσι ἱῆσθαι οἷσι καὶ τὸν ἔμπυον, ροφήμασι καὶ σιτίοις καὶ ποτοῖσι. τὸ δὲ σύμπαν ἡσυχίην ἔχοντα εὐωχέειν τοῖσι ἐπιτηδείοις ἣν γὰρ οὕτω μελετηθῇ, τάχιστα ὑγιὲς ἔσται. ἢ δὲ νοῦσος χαλεπή.

9. Ἦν ἐν πλευρῷ φῦμα φύηται καὶ ἔμπυον γένηται, τάδε πάσχει ῥίγος καὶ πυρετὸς ἴσχει, καὶ βῆξ ξηρὴ πολλὰς ἡμέρας, καὶ ἀλγέει τὸ πλευρόν, καὶ ἐς τὸν τιτθὸν καὶ ἐς τὴν κληΐδα καὶ ἐς τὰς ὠμοπλάτας ὀδύνη ἴσχει αἰσσοῦσα.

188 Οὗτος ὅταν οὕτω ἔχῃ, ἐν μὲν τῇσι πρώτῃσι ἡμέρῃσι ἔνδεκα ροφήμασι χρεέσθω, πτισάνης χυλῷ καθέφθω μέλι παραχέων, ὁκόταν ἐφθὼν τὸ ρόφημα ἢ οἶνω δὲ χρεέσθω λευκῷ, γλυκεῖ ἢ αὐστηρῷ καὶ<sup>1</sup> ὕδαρεῖ καὶ ροφάνοντα πλεονάκεις | τοῦ οἶνου ἐκπτύειν κελεύειν καὶ τοῦ ὕπνου κωλύειν, ἔστ' ἂν αἱ ἔνδεκα ἡμέραι παρέλθωσι μετὰ δὲ ταύτας τὰς ἡμέρας σιτίοις ὀλίγοις ὥς μάλιστα

<sup>1</sup> Mack (et Cornarius): ἢ M.

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When the case is such, fatten the patient at once on milk, and cauterize his chest and back; if you do this, he will recover most quickly. From then on, let him conduct his life in such a manner as to keep his body very quiet; for, if he strains himself at all by riding in a wagon or on a horse, or if he does hard work with his shoulders, he will run the risk of a relapse, and if this happens there is a danger that he will perish, since the disease then presses more forcefully than it did originally. If the patient is not cauterized, treat him with the same things as in internal suppuration: gruels, cereals and drinks. In general, keep him quiet, and feed him well on suitable foods; for, if he is cared for in this way, he will quickly recover. The disease is severe.

9. If a tubercle forms in the side, and it suppurates, the patient suffers the following: he has chills, fever and a dry cough for many days, he aches in his side, and there are darting pains towards his nipple, collar-bone and shoulder-blades.

When the case is such, for the first eleven days let the patient take as gruel boiled-down barley-water to which honey has been added after the gruel has been boiled, and drink white wine—either sweet or dry—diluted with water; after he has had several drinks of wine, order him to expectorate; prevent sleep until the eleven days have passed. After that, let the patient take mainly cereals in small amounts, and meats of puppy or

χρεέσθω. κρέασι σκυλακείοις ἢ ἀλεκτρυονείοις  
θερμοῖσι ἐζωμεῦσθαι δὲ χρή καλῶς. καὶ τὸν ζω-  
μὸν ῥυφανέτω καὶ τοῖσι ῥοφήμασι πρόσθεν χρεέ-  
σθω τοῦ σίτου, καὶ μὴ διψήτω. ἕως ἂν ἔμπυον  
γένηται τὸ πλευρόν. πνίσκεται δὲ μάλιστα ἐν  
τεσσεράκοντα ἡμέρησι <ἦ><sup>1</sup> ὀλίγῳ πρόσθεν  
τούτῳ δὲ γνώσῃ, ὅκοταν ἔμπυον γένηται τὸ  
πλευρόν. πύον γὰρ οὐκ ἀποπτύεται. καὶ οὐκ  
ἀνεμέσται. τοῦτον, ὅκοταν οὕτως ἔχῃ, ὅκου ἂν  
ἀποσημήνῃ, τάμνειν ἢ καίειν. ἔπειτα ἀφιέναι τὸ  
πύον κατ' ὀλίγον, καὶ ἐπειδὰν ἀπαρύσῃς, μοτὸν  
καθιέναι ὠμολίνου καὶ αὐτὶς τῇ ὑστεραίῃ ἐξελῶν,  
ἀπαρύσαι κατ' ὀλίγον τοῦ πύους. ἔπειτα μοτῶσαι  
καὶ αὐτὶς τῇ τρίτῃ καὶ τῇσι ἄλλῃσι ἡμέρησι δις  
τῆς ἡμέρης ἀπαρύειν ἕως ἂν ξηρανθῇ. διδόναι δὲ  
καὶ τὰ σιτία καὶ τὰ ὄψα, ὅκοταν προσίηται, καὶ  
πινέτω ὀλίγον, μὴ πολλόν, ἦν τε οἶνον ἦν τε καὶ  
ὔδωρ τρωγέτω δὲ καὶ τῆς ὀριγάνου τῆς ἀπαλῆς  
ὥς πλείστον, ἐς μέλι ἀποβάπτων. ἦν δὲ μὴ  
ἀπαλὴν ἔχῃ, ἀλλ' αὔην, λεπτὴν ποιήσας, ἐς τὸ  
μέλι μίξας λείην, διδόναι ὥς πλείστην. καὶ μὴ  
ρίγούτῳ, καὶ τοῖσι λουτροῖσι λούειν, καὶ μαλθα-  
κῶς κοιμάσθω.

Οὕτω ταύτην τὴν νοῦσον θεραπεύων, τάχιστ'  
ἂν ὑγίαι ποιήσῃς ὅκοταν δὲ ὑγιὴς γένηται, φυ-  
λασσεσθω τὸ ψῦχος, τὸ θάλπος, τὸν ἥλιον.<sup>2</sup> καὶ

<sup>1</sup> Add. 1.

<sup>2</sup> A later ms: τοῦ ἡλίου M.

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fowl warmed; you must boil these well into a soup, and have the patient drink the soup. Let him drink gruels before foods, and prevent thirst until his side has suppurated. Usually suppuration occurs in forty days or a little before; you will be able to tell in this patient when he side has suppurated, for then he no longer coughs or vomits up pus. When the case is such, incise or cauterize the patient wherever the signs point. Then draw off the pus a little at a time and, when you have exhausted it, introduce a tent of raw linen. Draw off pus again the next day a little at a time, and then replace the tent. Again on the third and subsequent days, remove pus twice daily, until it dries up. Give both cereals and main dishes whenever the patient will take them, and let him drink a little, but only a little, wine or water. Let him also eat much fresh marjoram dipped in honey. If there is no fresh marjoram, but only dried marjoram, rub that fine, mix it thoroughly into honey, and give it in a very generous amount. Make sure that the patient does not have a chill, give him baths, and let him sleep in a soft bed.

If you treat this disease in such a way, you will very quickly bring about the patient's recovery. Once he has recovered, have him avoid cold, heat

τοῖσι περιπάτοισι ὀλίγοισι χρεέσθω μετὰ τὸ σῖτον. ὅκως ἂν μὴ κόπος λάβῃ τὸ σῶμα· ταῦτα ἦν ποιέη ὑγιῆς ἔσται. τούτων τῶν νούσων ἄστινας ἂν καύσης, ἐπὶ τὰ<sup>1</sup> καύματα πράσα τρίψας πολλὰ καταπλάσσειν εὐθὺς μετὰ τὴν καῦσιν καὶ ἔαν μίην ἡμέρην.

190 10. Φθίσιες τρεῖς αὕτη μὲν γίνεται ἀπὸ φλέγματος· ἐπὴν ἡ κεφαλὴ φλέγματος πλησθεῖσα νοσήσῃ καὶ θερμὴ ἐγγένηται, συσσήπεται τὸ φλέγμα ἐν τῇ κεφαλῇ. ἅτε οὐ δυνάμενον κινέσθαι ὥστε ὑποχωρῆσαι. ἔπειτα ὁκόταν παχυνθῇ καὶ συσσαπῇ καὶ ὑπερπλησθῇ τὰ φλέβια, ρεῦμα ἐπὶ τὸν πλεύμονα ἐγένετο, καὶ ὁ πλεύμων ὁκόταν ἀναλάβῃ νοσέει παραχρῆμα, ἅτε δακνόμενος ὑπὸ τοῦ φλέγματος, ἀλυκοῦ ἐόντος καὶ σαπροῦ.

Τάδε οὖν πάσχει πυρετὸς ἄρχεται βληχρὸς ἐπιλαμβάνειν, καὶ ῥίγος καὶ πονέει τὰ στήθεα καὶ τὸ μετάφρενον, ἐνίοτε δὲ καὶ βῆξ πιέζει ὀξείῃ καὶ ἀποπτύει τὸ σίαλον πολὺ καὶ ὑγρὸν καὶ ἄλμυρόν. ταῦτα μὲν κατ' ἀρχὰς τῆς νούσου πάσχει προΐούσης δὲ τό τε γυῖον λεπτύνεται, πλὴν τῶν σκελέων ταῦτα δὲ οἰδέει, καὶ οἱ πόδες, καὶ οἱ ὀνυχες ἔλκονται· ἐκ δὲ τῶν ὤμων λεπτὸς καὶ ἀσθενής· ὁ φάρυγξ χνόου πίμπλαται καὶ συρίζει ὥς διὰ καλάμιου καὶ διψῇ ἰσχυρῶς διὰ παντὸς τοῦ

<sup>1</sup> Later mss: ἔπειτα M.

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and sun, and take short after-dinner walks such that his body does not become fatigued. If the patient follows these instructions, he will recover. In whichever of these diseases you cauterize, apply a plaster of many crushed leeks to the site of the cautery immediately after the operation, and leave it there for one day.

10. Three consumptions: the first one arises from phlegm. When the head, on being filled with phlegm, becomes ill and is occupied by burning heat, the phlegm in the head putrefies, inasmuch as it cannot be set in motion to be evacuated. When it has become thick and putrid, and the small vessels are overfilled, a flux to the lung occurs, and the lung, when it takes up the phlegm, immediately becomes ill, being irritated by the salty putrid phlegm.

Thus, the patient suffers the following: at the beginning, there are a mild fever and chills; the patient has pain in his chest and back, and sometimes a violent cough also presses him; he expectorates copious moist salty sputum. These things he suffers at the beginning of the disease. As it goes on, his body grows lean, except for the legs; these swell up, as do the feet, and the nails become curved. In his shoulders the patient is thin and weak; his throat is filled with a film, and whistles as if through a reed-pipe. He has great thirst through the whole course of the disease, and



νοσήματος, καὶ ἀκρασίῃ πολλὴ τὸ σῶμα ἔχει.

Οὗτος ὁκόταν οὕτω ἔχῃ, ἐνιαυτῷ φθειρόμενος φαύλως θνήσκει μελετᾶν δὲ χρὴ ὡς μάλιστα καὶ ἀνακομίζειν. πρῶτον μὲν πῖσαι ἐλλέβορον, κάτω δ' ὑποκαθῆραι ἐπιθύμῳ ἢ τῷ πεπλίῳ ἢ τῷ κόκκῳ τῷ Κνιδίῳ ἢ τῇ τιθυμαλλίδι ταῦτα χρὴ τετράκισ τοῦ ἐνιαυτοῦ δοῦναι, ἄνω δῖς, κάτω δῖς. διδόναι δὲ καὶ ὄνειον γάλα ἐφθὸν ἐς ὑποκάθαρσιν ἢ βόειον ἢ αἰγείον πινέτω δὲ καὶ ὠμὸν τὸ βόειον γάλα, τρίτον μέρος μελικρήτου προσμίσγων, πέντε καὶ τεσσεράκοντα ἡμέρας, παραμίσγων καὶ τὴν ὀρίγανον, τὴν δὲ κεφαλὴν αὐτοῦ πρόσθε καθαίρειν, πρὸς τὰς ῥῖνας προστιθεὶς φάρμακον, σιτία δὲ καὶ ὄψα διδόναι μήτε λιπαρὰ μήτε κνισώδεα μήτε λίην δριμέα, τεκμαιρόμενος δὲ τὸ νόσημα πάντα ποιεῖν χρὴ, καὶ περιπάτοισι χρέεσθαι πρὸς τὰ σιτία, τεκμαιρόμενος μὴ ῥιγῶν τοῦ δὲ χειμῶνος παρὰ πυρὶ τὴν σίτησιν ποιέεσθω, οἶνον δὲ πινέτω, αὐστηρόν, μέλανα, ὡς παλαιότατον  
 192 καὶ ἥδιστον, ὀλίγον δέ, κῆν | δοκέῃ σοι πρὸ τοῦ φαρμάκου πυριῆσαι, καὶ οὕτω δοῦναι τὸ φάρμακον ἢν δὲ μὴ βούλῃ δοῦναι τὸ φάρμακον, πυριήσας, οὕτω δὲ ἔμετον ἀπὸ τῶν σιτίων ποιήσασθαι, ὡς τὸ πρόσθε γέγραπται, τούτῳ ἢν ξυμφέρωσι, περιπάτοισι χρέεσθω ἢν δὲ μὴ ξυμφέρωσι, ἡσυχίην χρὴ ἔχειν ὡς μάλιστα τῷ σώματι.



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great debility affects his body.

When the case is such, the patient wastes away sorrily for a year, and dies; you must treat him very actively and strengthen him. First have him drink hellebore, and then clean him downwards with dodder of thyme, wild purslane, Cnidian berry, or sea-spurge; these agents must be given four times a year: twice to act upwards, twice to act downwards. To clean downwards give boiled ass's milk, too, or cow's or goat's; also let the patient drink raw cow's milk, to which one third part of melicrat has been added, for forty-five days, and mix marjoram with it as well; clean the patient's head out beforehand by applying medication to his nostrils. Give cereals and main dishes that are neither rich, nor steaming like roasted meat, nor very sharp. You must do all these things, taking as your guide the state of the disease. Have the patient take walks in conjunction with his meals, but be careful not to have a chill; in winter let him take his food beside the fire. Let him drink wine that is dry, dark, very old and very pleasant, but in small amounts. If it seems advisable to you to treat with vapour-baths before the medication, still give the medication. If you are not willing to give it, apply vapour-baths, and then induce vomiting by means of foods as described above. If walks are beneficial to the patient, let him take them; if they are not, he must keep his body as quiet as possible.

Οὗτος οὕτω μελετώμενος ῥήϊστ' ἂν διάγοι ἐν τῷ νοσήματι. ἡ δὲ νοῦσος θανασίμη, καὶ παῦροι διαφυγάνουσι.

11. Ἄλλη φθίσις γίνεται μὲν ἀπὸ ταλαιπωρίας, πάσχει δὲ πλῆθος τὰ αὐτά, ἃ καὶ ὁ πρόσθεν ἡ δὲ νοῦσος διαπαύει αὕτη μᾶλλον τῆς προτέρης, καὶ τοῦ θέρεος ἀνίησι. τὸ δὲ σίαλον ἀποπτύει, παχύτερον μὲν τῆς<sup>1</sup> πρόσθεν, καὶ βῆξ πιέζει μάλιστα τοὺς ὀρθρους.<sup>2</sup> καὶ ὁ πόνος ἰσχυρότερος ἐν τοῖσι στήθεσι, καὶ δοκέει οἷόν περ λίθον ἐν αὐτοῖσι ἐγκέεσθαι· πονέει δὲ καὶ τὸ μετάφρενον. καὶ ἡ χροιὴ δίυγρος αὐτοῦ ἐστίν, καὶ ἦν τι πονήσῃ, φύσῃ καὶ ἄσθμα ἴσχει. οὗτος ἐκ ταύτης τῆς νοῦσου ἐν τρισὶν ἔτεσι μάλιστα θνήσκει.

Μελετᾶν δὲ χρὴ τοῖσι αὐτοῖσι, οἷσι καὶ τὸν πρόσθεν. αὕτη ἡ νοῦσος προσέχει τοῖσι πολλοῖσι πλὴν τῶν τριῶν ἐτέων, ἀλλ' ἀποθνήσκουσιν ἡ γὰρ νοῦσος χαλεπή.

12. Ἑτέρη φθίσις ὑπὸ ταύτης τάδε πάσχει ὁ μυελὸς αὐτοῦ ὁ νωτιαῖος αἵματος μεστὸς γίνεται φθίνει ὁμοίως καὶ ἀπὸ τῶν κοίλων φλεβῶν αὐται δὲ φλέγματος ὑδρωποειδέος ἐμπίμπλανται καὶ χολῆς. πάσχουσι δὲ τὰ αὐτά, ἀφ' ὁποτέρων ἂν φθίνῃ. καὶ ὁ ἄνθρωπος εὐθύς μέλας γίνεται καὶ ὑποιδαλέος, καὶ τὰ ὑπὸ τοὺς | ὀφθαλμοὺς ὑπώπια ὠχρά, καὶ αἱ φλέβες αἱ ἐν τῷ σώματι ὠχραὶ δια-

<sup>1</sup> Later mss: τῇ M.

<sup>2</sup> Potter (cf. *Diseases II* 48): ἁρπύης M.

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If treated in such a way, the patient will fare best in the disease; the disease is usually mortal, and few escape it.

11. Another consumption: this one arises as the result of exertion, and the person suffers, for the most part, the same things as in the preceding one; this disease, however, makes spontaneous pauses more often than the preceding one, and it remits in summer. The sputum expectorated is thicker than in the preceding disease, and the cough presses most in the mornings. The pain in the chest is more violent, and something like a stone seems to be lying inside the chest; the back too is painful. The patient's colour is washed out and, if he exerts himself at all, breathlessness and panting come over him. Death from this disease usually occurs in three years.

You must treat with the same things that you gave to the preceding patient. This disease continues in most patients up to three years, but still they die; for it is severe.

12. Another consumption: from this one the person suffers the following (his spinal marrow becomes filled with blood; or also he may be consumed because the hollow vessels fill with dropsical phlegm and with bile; patients suffer the same symptoms no matter which of these two is the origin of their consumption): he immediately becomes dark and somewhat swollen, the parts of his face below the eyes are pale-yellow, and the vessels

τέτανται. ἔναι δὲ σφόδρα ἐρυθραί· μάλιστα δὲ δῆ-  
λαι αἱ ὑπὸ τῇσι μασχάλησι. καὶ ἀποπτύει ὠχρά,  
καὶ ὅταν αὐτῷ ἐπὶ γῆ. πνίγεται καὶ βῆξαι οὐ δύνα-  
ται ἐνίοτε βουλόμενος. ἐνίοτε δὲ ὑπὸ τοῦ πνίγ-  
ματος καὶ τῆς προθυμίας τοῦ βήσσειν ἀθρόον  
ἡμεσε χολήν, τότε δὲ λάπην, πολλάκις δὲ καὶ τὰ  
σιτία, ὅταν φάγη καὶ ὁκόταν ἀπεμέση, δοκέει  
κουφότερος εἶναι εἰτ' αὐτὶς ὀλίγον χρόνον δια-  
λιπών, ἐν τοῖσι αὐτοῖσι πόνοισι κέεται. οὗτος καὶ  
φθέγγεται ὀξύτερον ἢ ὑγιαίνων, καὶ ῥίγος καὶ  
πυρετὸς διαπαύων ἐπιλαμβάνει ἰδρώδης.

Τοῦτον ὁκόταν ὦδε ἔχη, βρωτοῖσι καὶ ῥυφήμα-  
σι καὶ ποτοῖσι καὶ φαρμάκοις καὶ τοῖσι ἄλλοις  
πᾶσι μελετῇν, ὥσπερ τὸν πρόσθεν. ἡ δὲ νοῦσος  
διαφέρει μάλιστα ἐννέα ἔτεα, ἔπειτα ἀποθνήσκει<sup>1</sup>  
φθειρόμενος παῦροι δὲ φυγγάνουσιν ἐξ αὐτῆς  
χαλεπὴ γὰρ ἡ νοῦσος.

Ἦν δὲ βούλη, ὦδε ἰῆσθαι αὐτὸν πρῶτον πυ-  
ριῆσθαι ὁκόταν δὲ πυριηθῇ, τῇ ὑστεραίῃ δοῦναι  
χρὴ πικρὴν αὐτῷ μελικρήτου ἡμίχουν καὶ ὄξος πα-  
ραχέαι ὀλίγον τοῦτο δὲ κέλευε ἀπνευστὶ ἐκπιεῖν  
ἔπειτα τῶν ἱματίων ἀμφιέσαι αὐτὸν πολλὰ καὶ  
εἰς ὥς πλείστον χρόνον. ἦν δὲ μὴ ἀνέχεται,  
ἀλλ' ἐξεμέσαι βούληται, ἐξεμέτω ἦν δὲ μὴ ἔμε-  
τος ἔχη χρόνον ἥδη ἐγγενομένοι, ἐπιπιὼν ὕδατος  
χλιεροῦ μεγάλην κύλικα, ἐμέτω καταματτεόμε-

<sup>1</sup> Potter (cf. chs. 19, 32): διαφέρει M.

<sup>2</sup> Potter: ἦν M.

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through his body are pale-yellow and stretched, or some are very red; especially conspicuous are the ones in the axillae. The patient expectorates pale-yellow sputum, and when an attack occurs he chokes and sometimes cannot cough even though he wants to. Sometimes, because of his choking and eagerness to cough, he all at once vomits bile, then scum, and often even food when he has eaten; after he has vomited, his condition seems to be better; but then after a short time he is again subject to the same distress as before. The patient's voice is shriller than when he was well, and intermittent chills and fever accompanied by sweating occur.

When the case is such, treat this patient with foods, gruels, drinks, medications, and all the other things that you gave to the preceding one. Generally the disease continues for nine years, and then, being wasted away, the patient dies. Few escape, for the disease is severe.

If you wish, treat the disease as follows: first administer a vapour-bath; on the day after the patient has had the vapour-bath, give him a half chous of melicrat to which a little vinegar has been added; have him drink this off without taking a breath, and then cover him thickly with blankets, and leave these on for a good long time. If he cannot tolerate this, but wants to vomit, let him vomit. If vomiting does not occur after a certain time has elapsed, let the patient drink, in addition, a large cup of warm water, and vomit by being

νος πτερῶν ὁκόταν δὲ ἀπεμέσῃ ὥστε καλῶς ἔχειν.  
 ἡσυχίην ἐχέτω ταύτην τὴν ἡμέρην. ὁκόταν δὲ  
 δεῖπνου ὥρῃ ἤ. δειπνεέτω μᾶζαν ὀλίγην, καὶ  
 ὄψον ἐχέτω τάριχος καὶ πράσα. ταῦτα δὲ ἐσθιέτω  
 ὡς πλείστα· οἶνον δὲ πινέτω γλυκύν. τὸν δὲ λοι-  
 πὸν χρόνον, λουέσθω τε πᾶσαν ἡμέρην ἅμα ἔωθεν  
 θερμῶ πλείστω, καὶ μετὰ τὸ λουτρὸν φυλάσσειν  
 χρὴ ὡς μὴ ριγῶσῃ, ἀλλὰ κατακλιθεὶς εὐδέτω ὡς  
 πλείστον χρόνον. ὁκόταν δὲ ἀναστῇ εὐδῶν, περι-  
 196 ελθέτω σταδίους εἴκοσι τὸ | βραχύτατον ταύτῃ  
 τῇ ἡμέρῃ τῇσι δὲ ἄλλῃσι ἡμέρῃσι πέντε σταδίους  
 ἄλλους ὑπερβαλὼν βαδιζέτω ἐκάστης ἡμέρης  
 ἕως ἂν ἀφίκηται ἐς τοὺς ἑκατὸν σταδίους. τὴν δὲ  
 κοιλὴν ὑποκαθαίρειν δεῖ ἐκ τῆς ἡμέρης χυλοῖσι  
 τεύτλων καὶ ἀπὸ κράμβης· χωρὶς ἑκάτερα ἐψήσας  
 ἀπηθῆσαι χοέα ἑκατέρου· εἶτα συμμίξας ἐς  
 τῷτὸ συνεψεῖν δὲ οἶδς στέαρ τὸ ἀπὸ τῶν νεφρῶν  
 τεταρτημόριον μνᾶς ἐν ἀμφοτέροις ἐψεῖν διελὼν·  
 ὁκόταν δὲ μέλλῃ πιεῖσθαι, πρὸς μὲν τῆς κράμβης  
 τὸν χυλὸν ἄλλα παραβαλεῖν, πρὸς δὲ τὸν τῶν  
 τευτλίων μέλι παραχέειν, εἶτα<sup>1</sup> χωρὶς ἑκάτερον  
 πίνειν ἢ μέλι παραχέας παρὰ τὴν ἑτέραν κύλικα  
 [καὶ]<sup>2</sup> πίνειν, παρὰ δὲ τὴν ἑτέραν ἄλας ἐκπιεῖν  
 δὲ χρὴ πάντα τὸν χυλόν.

Ταῦτα μὲν ποιεῖν χρὴ τριήκοντα ἡμέρας. τῷ  
 δὲ δευτέρῳ μηνὶ ἐσθιέτω ἄρτον καὶ κρέα πίονα

<sup>1</sup> Potter: ἦν δὲ M.

<sup>2</sup> Del. later mss.

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tickled with a feather. When he has vomited, and feels better, let him rest that day. When dinner time arrives, have him dine on a small barley-cake, and take as main dish salt-fish and leeks, of which he should eat as many as he can; let his wine be sweet. From then on, let the patient bathe every day at dawn in very copious hot water; after the bath, you must make sure that he does not have a chill, by putting him to bed, and having him sleep long. On arising from his sleep, have him walk at least twenty stades<sup>1</sup> that day; on the days that follow, let him walk an additional five stades each day until he reaches one hundred stades. Beginning from the first day, you must clean the cavity downwards with beet- and cabbage-juice: boil these separately, and strain off a chous of each; then mix into each one quarter mina of fat from a sheep's kidney, and boil them, still separately; when the patient is ready to drink, into the cabbage-juice sprinkle salt, and into the beet-juice pour honey; then have him drink each separately; alternatively add honey to one cup and have him drink it, and then salt to the next cup; he must drink all the juice.

These things you must do for thirty days. In the second month, let the patient eat bread and boiled

<sup>1</sup> See table of measures p. 330.



ὕος ἐφθά, ἄλλο μηδέν οἶνον δὲ πινέτω λευκόν, αὐστηρόν, καὶ ὁδὸν ὁδοιπορεέτω μὴ ἐλάσσω σταδίων τριήκοντα πρὸ τοῦ δείπνου, μετὰ δὲ τὸ δεῖπνον δέκα καὶ μὴ ῥιγούτω, ἀλλ' ἐσκεπάσθω. ταῦτα ἦν ποιέη ῥήϊον οἷσει τὴν νοῦσον.

Τῷ δὲ τρίτῳ μηνὶ κυκεῶνα ἀνθινὴν πινέτω σελίνου ῥίζας καὶ ἄνηθον καὶ πήγανον καὶ μίνθην καὶ κορίαννον καὶ μήκωνας ἀπαλὰς καὶ ὠκιμον καὶ φακὸν καὶ ῥοιῆς γλυκεῖης καὶ οἰνώδεος χυλόν· εἶναι δὲ χρὴ τὰς γλυκείας διπλασίας· εἶναι δὲ χρὴ συναμφοτέρων τοῦ χυλοῦ ἡμικοτύλιον καὶ οἶνου μέλανος ἡδέος αὐστηροῦ ἡμικοτύλιον καὶ ὕδατος κοτύλης ἡμισυ· ἔπειτα ἄνθεα τρίψας λεῖα, διῆναι τούτῳ τῷ συγκεκρημένῳ, καὶ ἐγχέαι ἐς κύλικα·  
 198 ἔπειτα ἐπιβαλεῖν ἄλευρα ὀρόβων, ὀκόσον ὀξύβαφον, καὶ ἄλφιτον ἴσον, καὶ τυροῦ παλαιοῦ αἰγείου ξέσας τὸ ἴσον τοῖσι ὀρόβοισι ταῦτα συγκυκῆσας ἐκπιέτω ἔπειτα διαλιπὼν ὀλίγον χρόνον ἀριστάτω ἄρτον, καὶ ὄψον ἐχέτω τέμαχος νάρκης ἢ ῥίνης ἢ γαλεοῦ ἢ βατίδος, καὶ κρέα οἷος ἐσθιέτω ἐφθά καὶ παχυνέτω ἐωυτόν ἡσυχίην ἄγων ὥς μάλιστα καὶ πυριῇν διὰ δεκάτης ἡμέρης [ἐς ἐωυτόν ἡσυχῇ].<sup>1</sup>

Τῷ δὲ τετάρτῳ μηνὶ πυριῇν διὰ πέμπτης ἡμέρης ἀτρέμα, καὶ ἐσθιέτω ὄψον ὥς πλεῖστον ὄψω δὲ χρεέσθω τυροῖσι καὶ κρέασι ὀλίγοισι οἷος ἐφθοῖσι.

<sup>1</sup> Del. Potter.



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fat pork, but nothing else; let him drink dry white wine, and walk a distance of not less than thirty stades before dinner, and after dinner ten stades; let him keep himself covered in order to avoid a chill. If he does these things, he will bear the disease more easily.

In the third month, let the patient drink a cyceon flavoured with plants: celery roots, dill, rue, mint, coriander, fresh poppies, basil, lentil, and the juices of sweet and vinous pomegranates, the amount of the sweet being double that of the vinous; there must be a half cotyle of the two juices together, a half cotyle of pleasant dry dark wine, and a half cotyle of water. Grind the plants fine, soak them in this mixture, and pour into a cup. Then add vetch-meal to the amount of an oxybaphon, an equal amount of barley-meal, and grate in an amount of aged goat's cheese equal to the vetches. Stir all these into the cyceon, and have the patient drink it off. Then, leaving a short interval, let him breakfast on bread, take as main dish a slice of torpedo, angel-fish, dogfish or skate, and eat boiled mutton; let him fatten himself by keeping very quiet; administer a vapour-bath every tenth day.

In the fourth month, administer mild vapour-baths every fifth day, and let the patient eat main dishes as much as he can; as such employ cheeses

ὁδοιπορεῖτω δὲ σταδίους οὗτος τῷ τετάρτῳ μηνὶ ἀρξάμενος τῇ πρώτῃ ἡμέρῃ ἀπὸ δέκα σταδίων, μέχρις ὀγδοήκοντα αὐτῷ στάδιοι γίνονται περιπατεῖτω δὲ τῆς ἡμέρης ὀγδοήκοντα σταδίους, μετὰ τὸ δεῖπνον εἴκοσιν, ὄρθρου δὲ τριήκοντα.

Τὸ δὲ λοιπὸν τοῦ χρόνου διαιτάσθω μᾶζαν καὶ ἄρτον ἐσθίων ἀμφότερα· καὶ ὄψον ἐχέτω σελάχια, καὶ κρέα πάντα ἐσθιέτω πλὴν βοείων καὶ χοιρείων ἰχθύων δὲ τῶνδε ἀπεχέσθω, κεστρέος καὶ ἐγγέλυος καὶ μελανούρου· ἐσθιέτω δὲ νάρκην καὶ ῥίνην καὶ βατίδα καὶ γαλεὸν καὶ τρυγόνα καὶ βατράχους, τῶν δὲ λοιπῶν μηδένα. ἦν δὲ δοκῇ ἀσινέα εἶναι, καὶ κυκεῶνα, ἐπειδὰν μέλλῃ καθευδήσειν, πινέτω ἀπὸ οἴνου μέλανος, ἡδέος, παλαιοῦ, δικότυλον κύλικα· καὶ μεθ' ἡμέρην τῷ αὐτῷ οἴνῳ χρεέσθω ἐπὶ σιτίῳ. καὶ ὁδοιπορεῖτω τῆς ἡμέρης, ἑκατὸν πεντήκοντα σταδίους, μετὰ δεῖπνον εἴκοσι, ὄρθρου δὲ τεσσεράκοντα. οὗτος γίνε-  
ται ὑγιῆς μάλιστα ἐνιαυτῷ οὕτῳ θεραπευόμενος.

200 13. Ἦν μυελὸς ὁ κατὰ τὴν ράχιν αὐαίνεται αὐαίνεται δὲ μάλιστα, ὁκόταν τὰ | φλέβια ἀποφραχθῇ τὰ ἐς τὸν μυελὸν τείνοντα καὶ ἡ ἐκ τοῦ ἐγκεφάλου ἔφοδος. διὰ κάκωσιν δὲ τοῦ σώματος τάδε πάσχει καὶ νοσέει—αὐαίνεται δὲ μάλιστα καὶ ἀπὸ λαγνείης—τάδε οὖν πάσχει ὁδύνῃ ὀξέῃ ἐμπίπτει αὐτῷ ἐς τὴν κεφαλὴν, καὶ ἐς τὸν τράχηλον καὶ τὴν ὀσφύν, καὶ ἐς τοὺς μύας τῆς

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and small amounts of boiled mutton. Let this patient walk stades in the fourth month, beginning on the first day with ten stades, and increasing until he reaches eighty stades; then let him walk eighty stades daily, of which twenty should be after dinner and thirty in the morning (sc. the other thirty between his meals).

From then on, let the regimen include eating both barley-cakes and bread; let the patient take as main dish selachians and eat all meats except beef and pork; of fish, let him abstain from grey mullet, eel and black-tail, and eat torpedo, angel-fish, skate, dogfish, sting-ray and fishing-frog, but no others. If he seems quite well, let him also drink a cyceon, when he is about to retire, a two-cotyle cup made from pleasant old dark wine; by day, let him use this same wine with his meal. Have him walk one hundred and fifty stades a day, of which twenty should be after dinner and forty in the early morning. When treated in this way, the patient usually recovers in a year.

13. If the marrow of the spine becomes dry (it generally becomes dry when the small vessels extending into the marrow are blocked, and also the passage out of the brain), as a result of the body's insult the patient suffers the following and is ill (the marrow also often becomes dry from venery); he suffers, then, as follows: sharp pain occupies the head, neck, loins, lumbar muscles, and the

ὁσφύος, καὶ ἐς τὰ ἄρθρα τῶν σκελέων, ὥστε ἐνί-  
 οτε οὐ δύνανται ξυγκάμπειν. καὶ ἡ κόπρος οὐ  
 διαχωρεῖ, ἀλλ' ἴσταται, καὶ δυσουρέεται. οὗτος  
 κατ' ἀρχὰς μὲν τῆς νούσου ἡσυχαιότερον διάγει  
 ὁκόσω δ' ἂν ὁ χρόνος τῇ νούσῳ ἀπομηκύνηται,  
 πονέει ἅπαντα μᾶλλον. καὶ τὰ σκέλεά τε οἰδέει  
 ὡς ἀπὸ ὑδέρου, καὶ ἔκλεα ἐκφλυνδάνει ἐκ τῆς  
 ὁσφύος, καὶ τὰ μὲν ἄλλα ὑγιαίνεται, τὰ δὲ ἄλλα  
 παραγίνεται.

Τούτω, ὁκόταν οὕτω ἔχη, καθῆραι τὴν κεφα-  
 λὴν τῷ ἱππόφειω ὁπῶ ἢ τῷ Κνιδίῳ κόκκῳ πυριή-  
 σας πρῶτον τὸ σῶμα εὖ μάλα. τῆς δὲ ἐσπέρης  
 μετὰ τὴν κάθαρσιν πτισάνης δύο τρυβλία ῥοφεέ-  
 τω μέλι παραχέας· οἶνον δὲ λευκὸν πινέτω μαλ-  
 θακόν. τῇ δ' ὑστεραίῃ ὄνειον γάλακτος διδόναι  
 αὐτῷ ἐφθοῦ, μέλι παραχέας, ὁκτῶ κοτύλας ἐκ-  
 πιεῖν· ἢν δὲ μὴ ὄνειον ἔχῃς, βοείου ἢ αἰγείου  
 ἐφθοῦ τρία ἡμιχόεα, παραχέας μέλι. καὶ τὴν  
 ὥρην γαλακτοποτεέτω ἐν ὀρῷ<sup>1</sup> καὶ γάλακτι πέντε  
 καὶ τεσσεράκοντα ἡμέρας. σιτίοισι δὲ καὶ ὄψοισι  
 χρεέσθω ὡς διαχωρητικωτάτοις· οἶνον δὲ πινέτω  
 λευκόν, μαλθακόν, Μένδαιον.<sup>2</sup> ὁπότεν δὲ παχύτα-  
 τος ᾗ, καῦσαι αὐτοῦ ἐς τὴν ὁσφῦν ἐκατέρωθεν  
 τῶν σπονδύλων τέσσαρας ἐσχάρας, καὶ ἐς τὸ  
 μετάφρενον δεκαπέντε ἐκατέρωθεν, καὶ εἰς τὸν

<sup>1</sup> Littre (sero Cornarius): ὀρεβίῳ M.  
 16-18, 24): Μενδήσιον M.

<sup>2</sup> Potter (cf. chs.

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joints of the legs, so that sometimes patients cannot flex their hip. The stools do not pass off, but are stopped, and the patient has dysuria. At the beginning of the disease, this patient goes along quite peacefully, but as the period of the illness lengthens, his sufferings increase in every way. His legs swell up as if from dropsy, and ulcers break out in the region of the loins; while some of these ulcers are healing, others develop.

When the case is such, clean out the patient's head with hippopheos juice or Cnidian berry, after first applying very thorough vapour-baths to his body. In the evening after the cleaning, let him take two bowls of barley-gruel to which honey has been added; let him drink mild white wine. On the next day, give him eight cotylai of boiled ass's milk with honey, to drink off. If you do not have ass's milk, then give three half choes of boiled cow's or goat's milk with honey. In season, also let him drink whey and milk for forty-five days. Of cereals and main dishes have him eat the most laxative, and drink mild white Mendean wine. When the person is in a state of corpulence, burn four eschars in the lumbar region on both sides of the vertebrae, fifteen on each side in the back, and in the neck two

αὐχένα δύο μεταξὺ τῶν τεινόντων ἦν γὰρ τύχης καύσας, [καὶ]<sup>1</sup> ὑγία ποιήσεις ἡ δὲ νοῦσος χαλεπή.

202 14. Ἀπὸ νεφρῶν αἶδε νοῦσοι γίνονται τέσσαρες.

Ἀπὸ τῆς πρώτης τάδε πάσχει ὀδύνη ὀξείη ἐμπίπτει ἐς τὸν νεφρὸν καὶ ἐς τὴν ὀσφῦν καὶ ἐς τὸν κενεῶνα καὶ ἐς τὸν ὄρχιν τὸν κατὰ τὸν νεφρὸν καὶ οὐρέει πυκινά, καὶ στάζει<sup>2</sup> κατ' ὀλίγον τὸ οὔρον καὶ ἅμα τῷ οὔρῳ προέρχεται<sup>3</sup> ψάμμος, καὶ ὁκόταν ἐξίῃ διὰ τῆς οὐρήθρης ἡ ψάμμος, ὀδύνην παρέχει ἰσχυρὴν ἐν τῇ οὐρήθρῃ. ὁκόταν δὲ διεξουρήσῃ, <ἡ><sup>4</sup> ὀδύνη ἀνίησι ἔπειτα αὐτὶς ἐν τοῖσι αὐτοῖσι ἄλγεσι κέεται ὁκόταν δὲ οὐρέῃ, καὶ τὸν καυλὸν ὑπὸ τῆς ὀδύνης τρίβει.

Πολλοὶ δὲ τῶν ἰητρῶν οἱ μὴ συνιέντες τὴν νοῦσον, ὁκόταν ἴδωσι τὴν ψάμμον, δοκέουσι λιθιῇ τὴν κύστιν, <ἦν><sup>5</sup> μὲν οὐ λιθιῇ, τὸν δὲ νεφρὸν λιθιά. αὕτη ἡ νοῦσος γίνεται ἀπὸ φλέγματος, ὁκόταν ὁ νεφρὸς ἐς ἑωυτὸν ἀναλαβὼν φλέγμα μὴ ἀφίῃ πάλιν, ἀλλ' αὐτοῦ ξυμπωρωθῇ τοῦτο γίνεται λίθοι λεπτοὶ οἷον ψάμμος.

Τοῦτον ὁκόταν οὕτως ἔχῃ, τῷ ὁπῶ τῆς σκαμμωνίης ἢ αὐτῇ τῇ ρίζῃ, πυριήσας<sup>6</sup> πρόσθεν ἅπαν τὸ σῶμα, ὑποκαθῆραι. τῇ δ' ὑστεραίῃ ἀπὸ ἐρε-

<sup>1</sup> Del. Cornarius.

<sup>2</sup> Potter: στέφει M.

<sup>3</sup> Cornarius:

προσ-M.

<sup>4</sup> Later mss.

<sup>5</sup> Potter.

<sup>6</sup> Littré: -ῆσαι M.

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between the tendons; for, if your cauterly succeeds, you will cure him. The disease is severe.

14. From the kidneys these four diseases arise.

In the first one, the patient suffers the following: a sharp pain attacks his kidney, loin, flank, and his testicle on the same side as the kidney; he urinates frequently, and drips urine a little at a time; together with the urine sand too is passed, and when the sand discharges through the urethra, it produces violent pain in it. When the patient has finished urinating, the pain stops; later, though, he labours under the same distress again. When he is passing urine, he rubs his penis because of the pain.

Many physicians that do not understand the disease, when they see the sand, think the patient is suffering from stones of the bladder, which he is not, but rather from stones of the kidney. This disease arises from phlegm, when the kidney takes up phlegm into itself and does not release it, but it solidifies there; this forms fine stones like sand.

When the case is such, clean the patient downwards with scammony juice or the root itself, first applying vapour-baths to the whole body. On the

βίνθων λευκῶν τῷ χυλῷ ὑποκαθῆραι δύο χοεῦσι· ἄλλα<sup>1</sup> δὲ παρεμβαλὼν διδόναι πίνειν. μετὰ δὲ ταῦτα ποτοῖσι καὶ βρωτοῖσι καὶ λουτροῖσι μελετήν, διδοὺς τὰ αὐτὰ <ᾰ><sup>2</sup> καὶ τῷ στραγγουριῶντι δίδοται φάρμακα. ὁκόταν δὲ ἡ ὀδύνη πιέση, λούειν πολλῷ καὶ θερμῷ, καὶ χλιάσματα προστιθέναι ὅπῃ πονέει μάλιστα. ὁκόταν δὲ ἀποιδήσῃ καὶ ἐξαρθῇ, ὑπὸ τοῦτον τὸν χρόνον παραχρῆμα<sup>3</sup> τάμνειν κατὰ τὸν νεφρὸν, καὶ ἐξελὼν τὸ πύος, τὴν ψάμμον διουρητικοῖσι ἰῆσθαι· ἦν μὲν γὰρ τμηθῇ, ἐλπὶς ἐκφυγέειν· ἦν δὲ μή, ἡ νοῦσος τῷ ἀνθρώπῳ συναποθνήσκει.

204 15. Ἄλλη νεφροῦ αἱ μὲν ὀδύναὶ ἰσχυρῶς πιέζουσι ὥς | ἐν τῇ πρόσθεν γίνεται δὲ τὸ νόσημα ἀπὸ ταλαιπωρίας, ὁκόταν ῥαγῇ τὰ φλέβια ἐς τὸν νεφρὸν τείνοντα, ἔπειτα ὁ νεφρὸς αἵματος πλησθῇ. οὗτος ὁκόταν ταῦτα πάθῃ, ἐξουρέει ἅμα τῷ οὐρῷ αἷμα κατ' ἀρχὰς τοῦ νοσήματος, ἔπειτα πύα<sup>4</sup> προϊόντος δὲ τοῦ χρόνου. οὗτος ἦν ἡσυχίην <ἔχῃ><sup>5</sup> τῷ σώματι, τάχιστα ὑγιῆς ἔσται· ἦν γάρ τι πονήσῃ αἱ ὀδύναὶ πολλῷ μᾶλλον ἔξουσι. ὁκό-

<sup>1</sup> Later mss: ἄλλα M.

<sup>2</sup> Grmek and Wittern, "Die Krankheit des attischen Strategen Nikias und die Nierenleiden im Corpus Hippocraticum", *Arch. int. hist. sci.* XXVI, 100 (1977) 10.

<sup>3</sup> Potter: παρασχῇ M.

<sup>4</sup> Grmek and Wittern, 16: πύει M.

<sup>5</sup> Later mss.



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following day, clean downwards with juice from white chick-peas to the amount of two choes; add salt, and give this to drink. After that, treat with drinks, food and baths, giving the same medications that are given to a patient with strangury. When pain is pressing, wash with copious hot water, and apply fomentations where the pain is worst. When the affected area swells up and becomes raised, incise then immediately over the kidney, draw out the pus, and attend to the sand with diuretics. For, if this person is incised, he has a hope of survival, but if he is not, the disease clings to him until he dies.

15. Another disease of the kidney: pains press violently just as in the preceding disease. This disease arises from exertion, when the vessels extending to the kidney rupture, and the kidney is then filled with blood. When a patient suffers this, he passes blood with his urine, at the beginning of the disease. and then, as time goes on, pus. If he rests his body, he will recover very quickly; however, if he exerts himself in any way, the pains

ταν οὖν ἔμπυος ἦ ὁ νεφρός, ἀποιδέει παρὰ τὴν  
ράχιν.

Τοῦτον, ὅταν οὕτω ἔχῃ, τάμνειν κατὰ τὸ ἀποι-  
δέον, μάλιστα μὲν βαθείην τομὴν κατὰ τὸν  
νεφρόν κῆν μὲν τύχῃς ταμών, παραχρῆμα ὑγίεια  
ποιήσεις ἣν δὲ ἀμάρτης, κίνδυνος ἔλκος ἔμμοτον  
γενέσθαι. ἣν δὲ συμφυῇ τὸ ἔλκος, ἐκπυοῦται  
εἴσωθεν ἢ κοιλίσῃ [ἦ]<sup>1</sup> ἀπὸ τοῦ νεφροῦ κῆν μὲν  
ραγῇ ἔσωθεν καὶ χωρήσῃ κατὰ τὸν ἀρχὸν τὰ πύα,  
ἐλπίς ἐκφυγέειν ἣν δὲ ψαύσῃ τοῦ ἑτέρου νεφροῦ,  
κινδυνεύσει καταφθαρῆναι.<sup>2</sup> μελετᾶν δὲ χρῆ<sup>3</sup>  
φαρμάκοισι τοῖσιν αὐτοῖσι πᾶσιν, ὥς<sup>4</sup> καὶ τὸν  
πρόσθεν, καὶ τὴν δίαιταν τὴν αὐτὴν ἐχέτω. αὕτη  
ἢ νοῦσος χαλεπή, καὶ πολλοὶ ἐκ ταύτης τῆς νού-  
σου ἐς φθίσιν<sup>5</sup> νεφρίτιδα κατέστησαν.

16. Ἄλλῃ νεφροῦ τὸ μὲν οὖρον προέρχεται  
οἶον ἀπὸ κρεῶν βοείων ὀπτῶν χυλός· γίνεται δὲ  
τὸ νόσημα ἀπὸ χολῆς μελαίνης, ὅταν χολὴ ἐς τὰ  
φλέβια συρρυῇ τὰ τείνοντα ἐς τὸν νεφρόν καὶ  
ὅταν στῇ, ἔλκοι τὰ φλέβια καὶ τὸν νεφρόν ὑπὸ  
οὖν τῆς ἐλκώσιος τοιοῦτον ὑποχωρέει ἅμα τῷ  
οὔρῳ. αἱ δὲ ὀδύναι ἔχουσιν ἐν τῇ ὀσφύϊ καὶ τῇ  
κύστει, καὶ ἐν τῷ περινῷ καὶ ἐν αὐτῷ τῷ νεφρῷ  
ἐπ' ὀλίγον χρόνον· ἔπειτα ἀνῆκεν ὁ πόνος, καὶ

<sup>1</sup> Del. Potter.

<sup>2</sup> Θ resumes with -ρῆμαι.

<sup>3</sup> χρῆ om. M.

<sup>4</sup> τοῖσιν . . . ὥς Θ: καὶ τοῖσι ἄλλοις τοῖσι αὐτοῖσι πᾶσι, οἷσι M.

adds ἦ.

<sup>5</sup> Θ

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increase greatly. Now, when the kidney suppurates, swelling appears beside the spine.

When the case is such, incise the patient at the site of the swelling, making an especially deep cut over the kidney. If your incision succeeds, you will quickly bring about recovery, but, if you fail, there is the danger that an ulcer requiring tents will arise. If this ulcer unites, the cavity is made to suppurate from within by the kidney; if the pus formed breaks into the intestine and passes off through the rectum,<sup>1</sup> there is hope of survival, but if it comes to involve the other kidney, the patient will be in danger of perishing. You must treat with all the same medications as in the preceding case, and have the patient follow the same regimen. This disease is severe, and many patients have gone on from it into a nephritic consumption.

16. Another disease of the kidney: the urine passed is like the juice of roasted beef. This disease arises from dark bile, when it collects in the vessels extending to the kidney; when it has come to rest there, it ulcerates the vessels and the kidney; thus, because of the ulceration, material of the kind described passes off with the urine. For a short time, pains are present in the loins, bladder, perineum and the kidney itself; then the attack

<sup>1</sup> I.e. escapes from the abdominal cavity by passing into the gastro-intestinal tract and out through the anus.

αὐτίς ἐπέλαβεν ὁξύς δι' ὀλίγου καὶ ἐς τὸ λεπτόν  
τῆς γαστρὸς ἔστιν ὅτε ὀδύνη ἐμπίπτει.

206 Τοῦτον ὅταν οὕτως ἔχῃ, ὑποκαθῆραι τὴν κοι-  
λίην τῇ σκαμωνίῃ ῥίζῃ πίνειν διδόναι ταῦτα ἃ  
καὶ τῷ στραγγουριῶντι | καὶ ὅταν ἡ ὀδύνη ἔχῃ,  
λούειν θερμῷ<sup>1</sup> καὶ πολλῷ, καὶ χλιάσματα προσ-  
τιθέναι πρὸς τὸ πονέον μάλιστα. καὶ ῥυφήματι  
χρήσθω ἀλεύρω ἐφθῶ, μέλι παραχέων, καὶ τῇ ἄλ-  
λῃ διαίτῃ χρήσθω ὡς διαχωρητικωτάτῃ, καὶ οἶνον  
πινέτω λευκὸν Μένδαιον μελιχρόν, ἢ ἄλλον<sup>2</sup> τὸν  
ἡδιστον καλὸν κεκρημένον. αὕτη ἡ νοῦσος μάλι-  
στα<sup>3</sup> ἐκλείπει. καὶ τὴν ὥρην<sup>4</sup> γαλακτοποτείτω  
ἐς κάθαρσιν τῷ ὀρῶν τὴν δὲ γαλακτοπωσίην ἐν  
θέρει<sup>5</sup> ποιείσθω πέντε καὶ τεσσεράκοντα ἡμέρας.  
ταῦτα ἦν ποιέῃ, ῥᾶστα τὴν νοῦσον διάξει.

17. Ἄλλη νεφροῦ τὸ μὲν νόσημα γίνεται ἀπὸ  
χολῆς καὶ φλέγματος, τοῦ δὲ<sup>6</sup> θέρεος μάλιστα  
γίνεται<sup>7</sup> γίνεται δὲ καὶ ἀπὸ λαγνείης ἢ νοῦσος.  
οὗτος τάδε<sup>8</sup> πάσχει ὀδύναί πιέζουσιν αὐτὸν ἐς  
τὴν λαπάρην καὶ ἐς τὸν κενεῶνα καὶ ἐς τὴν  
ὀσφῦν καὶ ἐς τοὺς μύας τῆς ὀσφύος, καὶ πάσχει  
οἷα γυνὴ ὠδίνουσα. καὶ οὐκ ἀνέχεται ἐπὶ τοῦ  
ὑγιέος κατακεείμενος ἃ γὰρ πονέει<sup>9</sup> τοῦ κενεῶνος

<sup>1</sup> θερμῷ om. Θ.

<sup>2</sup> M adds λευκόν.

<sup>3</sup> Θ: οὐ μάλα M.

<sup>4</sup> M adds ὀροποτείτω καί.

<sup>5</sup> Potter: θρεῖ Θ: ὥρην M.

<sup>6</sup> δὲ Θ: δ' ἔτεος M.

<sup>7</sup> γίνεται om. M.

<sup>8</sup> M: ταχέως Θ.

<sup>9</sup> ἃ γὰρ πονέει Θ: ἀλλ' ἄγαν πονέει καὶ M.

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relents, but after a short period it presses sharply again; sometimes pain also attacks the narrow part of the belly.

When the case is such, clean the cavity downwards with scammony root, and give the same things to drink that are given to a patient with strangury. When pain is present, wash in copious hot water, and apply fomentations where it is worst. Let the patient drink boiled meal as gruel, adding honey, and otherwise follow a regimen that is strongly laxative; let him drink white Mendeian wine sweetened with honey, or some other very pleasant one, well mixed with water. This disease usually goes away. In season, also let the patient drink whey, in order to bring about cleaning; in summer, let him do this for forty-five days. If the patient does these things, he will get through the disease most easily.

17. Another disease of the kidney: this disease arises from bile and phlegm, and occurs mainly in summer; it also arises from venery. The person suffers the following: pains press him in the side, flank, loins, and the lumbar muscles, and he experiences the same as a woman in labour. He cannot tolerate lying on his healthy side, for the part of the flank in which he feels pain seems to hang down

δοκέει ἀποκρέμασθαι ὡς ἀπορρησόμενα· ἐπὶ δὲ ἃ πονεῖ ἥν<sup>1</sup> κατακέηται, οὐκ ἀλγέει. οἱ δὲ πόδες καὶ αἱ κνήμαι αἰεὶ ψυχραὶ αὐτοῦ. τὸ δὲ οὔρον μόγις προέρχεται ὑπὸ τῆς θερμασίης<sup>2</sup> καὶ παχύτητος τοῦ οὔρου, καὶ ἥν ἐάσης αὐτὸ ὀλίγον χρόνον καταθεῖς τέως ἂν καταστῇ. ὅψῃ τὸ ὑπεστηκὸς παχύ, οἶόν περ ἄλευρον καὶ ἥν μὲν χολὴ ἐπικρατέῃ, ὑπόπυρρον αὐτὸ ὅψῃ ἥν δὲ ἀπὸ φλέγματος ἥ τὸ νόσημα, λευκὸν καὶ παχὺ ἔσται.

Καὶ τὸ μὲν πρῶτον ἐς ἐνιαυτὸν ἥ<sup>3</sup> ὀλίγω ἐλάσσω ἥ ὀλίγω πλείω χρόνον τοιαῦτα πάσχων διατελέει ἥν δ' ὁ<sup>4</sup> χρόνος πλείων τῇ νούσῳ ἀπομηκύνηται,<sup>5</sup> πονέει μᾶλλον καὶ ἐκπυοῦται, καὶ  
208 ὅταν ἔμπυος | ἥ, ἀποιδέει. καὶ ὅπου ἂν μάλιστα ἀποιδέῃ τάμνειν ἐς τὸν νεφρόν, καὶ ἀφιέναι τὰ πύα· καὶ ἥν τύχῃς ταμῶν, παραχρῆμα ὑγιῇ ποιήσεις.

Τοῦτον ὅταν οὕτως ἔχῃ, τοῖσιν αὐτοῖσιν πᾶσι θεραπεύειν κατὰ τὸ πρόσθεν. κατ' ἀρχὰς τῆς νούσου πρὸ τῆς ὑποκαθάρσιος πυριᾶσαι. καὶ τοῖσι λουτροῖσι μὴ πυκινὰ λούσθω, ἀλειφέσθω δὲ μᾶλλον, μῆδὲ ριγούτῳ, καὶ τοῦ ἡλίου ἀπεχέσθω, μῆδὲ λαγνευέτῳ. ταῦτα ἥν ποιέῃ,<sup>6</sup> τάχιστα ὑγιῆς ἔσται· ἥ δὲ νοῦσος χαλεπή.

<sup>1</sup> ἐπὶ δὲ ἀπονειγν Θ: ἔπειτα πονέει ἐπὶ δὲ τὰ πρηνέα ἥν Μ.

<sup>2</sup> Θ: φλεγμασίης Μ. <sup>3</sup> ἥ om. Θ.

<sup>4</sup> δ' ὁ Θ: ὥδε Μ.

<sup>5</sup> Θ: καὶ ὑπο- Μ.

<sup>6</sup> Μ adds καὶ μῆ.

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as if it were being torn away; if, however, he lies on the affected side, he has no pain. His feet and his legs below the knees become permanently cold. Hardly any urine passes, because it is so hot and thick, and if you leave it a short while, setting it down until it deposits its sediment, you will see that the precipitate is thick, just like meal; if bile predominates, the sediment will appear reddish; if the disease is from phlegm, the sediment will be thick and white.

First, the patient goes through a year, more or less, like this. If the illness goes on longer, his pains increase and he suppurates internally; when this happens, he swells up. Wherever the swelling is greatest, incise the kidney, and draw off pus; if your incision succeeds, you will quickly bring about recovery.

When the case is such, treat with all the same measures as above. At the beginning of the disease, before cleaning downwards, apply vapour-baths; let the patient not take many baths, but rather be anointed with oil; he must avoid chills, sun and venery. If he does these things, he will quickly recover. The disease is severe.

Ἦν δὲ βούλη ἄνευ φαρμάκων ὑγιᾶ ποιῆσαι.<sup>1</sup>  
 παχὺν ποιῆσαι ἀπὸ τῆς διαίτης, ἣν τε ταύτην  
 τὴν νοῦσον κάμνη. ἣν τε τῶν προτέρων τινά. τὰ  
 σιτία διελὼν ἅ μεμαθήκει ἐσθίειν δέκα μερίδας,  
 ἔπειτα μίαν ἀφελὼν μερίδα, τὰ λοιπὰ καταφαγέ-  
 τω, ὅψον δ' ἐχέτω κρέας οἷος τετρυμένον καὶ περι-  
 πατησάτω δέκα σταδίους ταύτης τῆς ἡμέρης.  
 τῇ δὲ ὑστεραίῃ καὶ τῇ τρίτῃ καὶ μέχρι τῶν δέκα  
 ἡμέρων ὑποβαίνων μερίδα, ἐλάσσω ἐσθιέτω, καὶ  
 περιπατεῖτω δέκα σταδίους αἰεὶ πλείω ἐκάστης  
 ἡμέρης. ὅταν δὲ ἐς τὴν ἐσχάτην τοῦ σιτίου μερί-  
 δα ἀφίκηται καὶ ἐς τοὺς ἑκατὸν σταδίους, ἐσθιέ-  
 τω μίαν μόνην μερίδα, καὶ ταύτης τῆς ἡμέρης  
 περιπατησάτω ἑκατὸν σταδίους· μετὰ δὲ τὸ δεῖ-  
 πνον εἴκοσιν, ὀρθρου δὲ τεσσαράκοντα. οἶνον δὲ  
 πινέτω Μένδαιον,<sup>2</sup> λευκόν, αὐστηρόν. ταῦτα ποι-  
 εῖτω τρεῖς ἡμέρας.<sup>3</sup> ἔπειτα τὸν λοιπὸν χρόνον  
 ὑποβαίνων τῶν περιπάτων καὶ τῶν σιτίων πλείω  
 ἐσθίων, τὸν αὐτὸν τρόπον ὥσπερ ἀφήρει, οὕτω |  
 210 προστιθέτω τῶν δὲ περιπάτων ἀφαιρείτω μέχρι  
 τῶν δέκα ἡμερέων. ἔπειτα ἡσυχίην ἐχέτω ὡς  
 μάλιστα, καὶ εὐωχεῖσθω σιτία τε καθαρὰ καὶ ὄψα  
 ὡς πλείστα, ἔχων<sup>4</sup> καὶ τὰ γλυκέα πάντα σύμφο-  
 ρα· λαχάνων δὲ ἀπεχέσθω καὶ τῶν ὀξέων καὶ τῶν  
 δριμέων καὶ ὅποσα φῦσαν παρέχει ἀπάντων καὶ

<sup>1</sup> ὕ. π. Θ: ἰῆσθαι M.

<sup>2</sup> M: μὲν παλαιόν Θ.

<sup>3</sup> H, Littre:

μῆνας ΘM.

<sup>4</sup> Θ: πίοτατα, ἐχέτω M.



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If you wish to cure the patient without medications, whether he is suffering from this particular disease or from one of the ones above, first fatten him by means of his regimen; then have him divide the cereals he is accustomed to eat into ten portions, and on the first day subtract one portion and eat the rest; as main dish let him eat ground mutton; also have him walk ten stades. On the next day, the third, and up to the tenth, have him each day reduce the amount of cereal he eats by one portion, and each day walk ten stades more. When he has arrived at the final portion of his cereal and at one hundred stades, let him eat only the one portion, and on that day walk the hundred stades: after dinner twenty, and early in the morning forty (sc. the other forty between his meals). Also give him dry white Mendean wine to drink. Let him do this for three days. Then have him decrease his walks for ten days, and eat more cereals, adding a portion a day in the same way as he subtracted. Then, let him keep as quiet as possible, be well fed on fine cereals and very generous main dishes, and also have all the suitable sweets; let him abstain from vegetables, foods that are acid and sharp, and everything that produces flatulence; let him bathe

λούσθω πολλῶ καὶ θερμῶ, καὶ μὴ ριγούτω.

Ταῦτα ἦν ποιέη, τάχιστα ὑγιῆς ἔσται.

18. Ἐκ τῆς νεφρίτιδος ἐπιλαμβάνει ἥδε ἡ νοῦσος, καὶ ἔστι<sup>1</sup> μεγάλη τῶν φλεβῶν τῶν κοίλων, αἱ τείνουσιν ἐκ τῆς κεφαλῆς παρὰ τὰς σφαγὰς διὰ τῆς ράχιος ἐς τὸ σφυρὸν τὸ ἐκτὸς τοῦ ποδὸς καὶ ἐς τὸ μεταξὺ τοῦ μεγάλου δακτύλου. γίνεται δὲ τὸ νόσημα ἀπὸ φλέγματος καὶ χολῆς, ὅταν ἐς τὰς φλέβας συρρυῇ αἱ δὲ φλέβες αὗται αἵματός εἰσι πλήρεις· ἦν οὖν τι παρέλθῃ ἄλλοῖον ἐς αὐτάς,<sup>2</sup> νοσέουσι.

Τάδε πάσχει, ἦν μὲν ἐπὶ δεξιὰ νοσέη ἄρχεται ἡ ὀδύνη ἔχουσα ἐκ τῆς κοτυληδόνος ἐς τὸ ἰσχίον<sup>3</sup> κατ' ἀρχάς. ὅσω δ' ἂν πλείω χρόνος προΐη καὶ ἀπομηκύνηται, ἡ τε ὀδύνη ὀξυτέρη καὶ κατέρχεται κατωτέρω καὶ ὅταν ἐς τὸ σφυρὸν ἀφίκηται τὸ ἐκτὸς τοῦ ποδὸς τότε<sup>4</sup> ἐς τὴν ράχιν πάλιν ἀνέρχεται καὶ ἐς τὴν κεφαλὴν<sup>5</sup> καὶ ὅταν ἐν τῇ κεφαλῇ στῇ τὸ ἄλγος,<sup>6</sup> πιέζει ἰσχυρῶς, καὶ δοκέει διαρρήσσειν τὴν κεφαλὴν καὶ οἱ ὀφθαλμοὶ αἵματος<sup>7</sup> πίμπλονται.<sup>8</sup>

212 Τοῦτον, ὅταν οὕτως ἔχῃ, ἐλατήριον πῖσαι ἡ θαμίνης ρίζαν ἢ ἐλλέβορον ἢ ὀπὸν | σκαμωνίνης. μετὰ δὲ τὴν κάθαρσιν ταῦτα προσφέρειν, ἃ καὶ

<sup>1</sup> καὶ ἔστι om. M.

<sup>2</sup> M: ταύτας Θ.

<sup>3</sup> Θ: τοῦ ἰσχίου M.

<sup>4</sup> Potter: τὸ Θ: om. M.

<sup>5</sup> M adds ἔρχεται.

<sup>6</sup> Θ: ἔλκος M.

<sup>7</sup> Θ: φλέγματος M.

<sup>8</sup> M adds καὶ τὸ σῶμα.

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in copious hot water, but be careful to avoid a chill.

If he does these things, he will quickly recover.

18. This disease develops out of nephritis and is serious, involving the hollow vessels that extend down from the head past the throat, along the spine, to the outer malleolus of the foot and the middle of the large toe; it arises when these vessels are invaded by phlegm and bile, for inasmuch as the vessels are normally filled with blood, if anything else enters them, they become ill.

If the disease is on the right side, the patient suffers the following: at first pain is present between the acetabulum and the hip-joint. The more time goes by and the longer the illness becomes, the sharper is the pain and the further down it moves; when it arrives at the outer malleolus of the foot, it ascends again to the back and the head, and when it comes to rest in the head, it presses violently, and seems to be splitting the head apart; the eyes fill with blood.

When the case is such, have the patient drink squirting-cucumber juice, thapsia root, hellebore, or scammony juice. After the cleaning, administer the

τοῖσι πρόσθεν. ἦν δὲ μὴ ὑπὸ ταύτης τῆς θερα-  
πείης παύηται, γάλακτι παχύνας καῦσαι παρὰ<sup>1</sup>  
τὴν ὠμοπλάτην τὴν δεξιὴν τέσσερας ἐσχάρας,  
καὶ ἐς τὴν κοτυληδόνα τοῦ ἰσχίου τοῦ δεξιοῦ  
τρεῖς, καὶ ὑπὸ τὸν γλουτὸν δύο, καὶ ἐν μέσῳ τοῦ  
μηροῦ δύο, καὶ ὑπὲρ τοῦ γούνατος μίαν, καὶ ὑπὲρ  
τοῦ σφυροῦ μίην.<sup>2</sup> οὗτος, ἦν οὕτω καυθῇ, οὐ πα-  
ρήσει οὔτε ἄνω οὔτε κάτω τὴν νοῦσον διαχωρεῖν.  
ἦν δέ που ἡ ὀδύνη φθῇ<sup>3</sup> ῥαγείσα, ἦν μὲν στηρίξῃ  
πρὶν καυθῆναι ἐς τὸ σκέλος, χολὸς ἔσται ἦν δὲ  
ἐς τὴν κεφαλὴν. κωφὸς ἢ τυφλὸς ἦν δ' ἐς τὴν  
κύστιν, προχωρεῖ ἅμα τῷ οὐρῷ καὶ τοῦ αἵματος<sup>4</sup>  
τεσσεράκοντα ἡμέρησιν. ἀλλὰ χρή, ἦν ἐς τὴν  
κύστιν ῥαγῇ, διδόναι τὰ αὐτὰ φάρμακα, ἃ καὶ τῷ  
στραγγουριῶντι καὶ ἦν που ἄλλη ἡ ὀδύνη στῇ,  
καῦσαι καίειν δὲ χρή τὰ μὲν σαρκώδεα σιδηρίοισι,  
τὰ ὀστώδεα καὶ νευρώδεα μύκησι.

Τάδε δὲ τούτων πρότερον χρή ποιῆσαι, ἦν  
κατ' ἀρχὰς τῇ νούσῳ παραγένῃ. οἶνον λευκὸν  
Μένδαιον διδόναι πίνειν ὀλίγῳ ὑδαρέστερον ὥς  
πλεῖστον μεθ' ἡμέρην<sup>5</sup> τέως ἂν αἰμορραγήσῃ κα-  
τὰ τὰς ῥίνας ὅταν δὲ ἄρξηται, ἔαν ῥυῆναι ἡμέρας  
τὸ ἐλάχιστον<sup>6</sup> τρεῖς καὶ δέκα ὅταν δὲ αὐται

<sup>1</sup> Θ: κατὰ Μ.

<sup>2</sup> καὶ ὑπὲρ τοῦ σφυροῦ μίην om. Θ.

<sup>3</sup> Littre:

ὀφθῇ ΘΜ.

<sup>4</sup> καὶ τοῦ αἵματος Θ: αἵματος μάλιστα Μ.

<sup>5</sup> Μ adds καὶ μεθισκεσθῆναι

<sup>6</sup> εἰαν . . . ἐλάχιστον Θ: ῥεῖν, τὸ ἐλαχι-

στον ἡμέρας ῥεῖ Μ.

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same things as to the patients above. If the disease does not go away with this treatment, fatten the patient on milk, and burn four eschars beside his right shoulder-blade, three into the acetabulum of his right hip-joint, two under his buttock, two in the middle of his thigh, and one each above his knee and his ankle. If a person is cauterized in this way, it will not allow the disease to migrate either upwards or downwards. If, however, pain breaks out first, and, before you can cauterize, it becomes fixed in the leg, the patient will become lame; if it becomes fixed in the head, he will become deaf or blind, if in the bladder, blood will be passed along with the urine for forty days; if pain occupies the bladder, give the same medications as to a patient with strangury. If the pain settles somewhere else, cauterize: burn fleshy parts with irons, osseous and fibrous ones with fungi.<sup>1</sup>

First, however, you must do the following, if you attend the disease at its beginning: by day give very large quantities of white Mendean wine to drink, slightly more dilute than normal, until the patient bleeds through his nostrils; when this begins, allow the flow to continue for at least

<sup>1</sup> I.e. moxibustion: cf. Caelius Aurelianus, *Chronic Diseases V* (Drabkin 916–18) and J. S. Milne, *Surgical Instruments in Greek and Roman Times*, Oxford, 1907, 120.

αἱ ἡμέραι διαγένωνται, μηκέτι μεθυσκέσθω, μηδ' ὅταν ἄρξηται ἅπαξ ρεῖν πινέτω μέντοι ὀλίγω πλέονα τὸν οἶνον ἐπὶ τῷ σίτῳ, ὅπως ἂν ῥέῃ τὸ αἷμα. ἤδη δὲ παυσθέντος τοῦ αἵματος ἐρράγη τισὶν ἐς τὴν κύστιν καὶ ἐχώρησεν αἷμα καὶ πύα·  
 214 ἦν οὖν ῥαγῇ, διδόναι τὰ αὐτὰ | φάρμακα, ἃ καὶ τῷ στραγγουριῶντι, καὶ τοῦ οἴνου διδόναι τοῦ αὐτοῦ πίνειν πολύν. οὗτος οὕτω μελετώμενος καὶ σιτία προσφερόμενος διαχωρητικὰ καὶ τὰ ὄψα, τάχιστ' ἂν ὑγιῆς γένοιτο. ἡ δὲ νοῦσος χαλεπή.

19. Ἄλλη δὲ ἦδε<sup>1</sup> ἀπὸ τῆς ἀριστερῆς φλεβός· τὰ μὲν ἄλλα πλῆθος τὰ αὐτὰ πάσχει, ἃ καὶ ὁ πρόσθεν ἐς δὲ τὸν σπλῆνα ὀδύνη ἐνστηρίζει ὀξέη εὐθύς κατ' ἀρχὰς τοῦ νοσήματος. καὶ ἦν μὲν συνίης<sup>2</sup> παραχρῆμα πρὶν καταστηρίξῃ ἐς τὸν σπλῆνα,<sup>3</sup> μύκησι καῦσαι ὀκτῶ ἐσχάρας, τὰς κεφαλὰς ἀπολαβὼν τοῦ σπληνός, ὡς τάχιστα· καὶ ὅπου ἂν ἄλλη ἢ ὀδύνη στηρίξῃ, καῦσαι καὶ οὕτω παραχρῆμα ὑγιῆς.<sup>4</sup> ἦν δὲ μὴ καυθῇ, ὑγιῆς δὲ γένηται ἀπὸ τοῦ αὐτομάτου, τοῖσι πολλοῖσι δωδεκάτῳ ἔτει ἢ νοῦσος αὐτὶς ὑπετρόπασε, καὶ ἦν λάβηται τοῦ σπληνός, τοῖσι πολλοῖσιν ὕδερὸν ἐποίησεν. ἀλλὰ χρὴ παραχρῆμα θεραπεύειν ὡς τὸν πρόσθεν, καὶ ἦν δοκέῃ, καῦσαι ὥσπερ τὸν ἕτερον,<sup>5</sup> ἦν ἢ ὀδύνη καθεστήκη ἐν τοῖσιν αὐτοῖσιν ἄρθροισιν. ἦν

<sup>1</sup> ἦδε om. M.

<sup>2</sup> Θ: μὴ συνίη M.

<sup>3</sup> ἐς τὸν σπλῆνα Θ: ἀλλ' ἢ ἐς

τὸν πλεῦμονα M.

<sup>4</sup> M adds ἔσται.

<sup>5</sup> Θ: πρότερον M.

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thirteen days. When these days have passed, the patient need no longer be drunk, nor actually even when the flow has once begun, but do have him drink somewhat more wine than usual with his meals, in order that the blood flow will continue. In some patients, after the epistaxis had already stopped, blood and pus have broken into the bladder and passed with the urine; if such a break occurs, give the same medications as to a patient with strangury, and the same wine to drink, in large amounts. This patient, if he is treated in such a way, and he takes laxative cereals and main dishes, will very quickly recover. The disease is severe.

19. The corresponding disease arising from the left vessel: generally this patient suffers the same things as the preceding one, except that right at the onset of the disease a sharp pain becomes fixed in his spleen. If you discover this at once, before the pain is firmly established in the patient's spleen, very quickly burn eight eschars with fungi, holding their heads away from the spleen; wherever else the pain settles, cauterize; if you do this, there is immediate recovery. However, if the patient is not cauterized, but recovers spontaneously, in many cases the disease recurs in the twelfth year and, if it involves the spleen, frequently produces dropsy. Therefore, you must treat at once just as you did the preceding patient, and, if it seems advisable, cauterize too if pain becomes fixed in the same



δὲ μὴ οὕτω μελετηθῇ, τὸ λοιπὸν φθειρόμενος  
θυήσκει ἢ γὰρ νοῦσος χαλεπή.

20. Περὶ τοῦ φλέγματος τὰς αὐτὰς γνώμας  
ἔχω, ἅς καὶ περὶ<sup>1</sup> χολῆς ἰδέας<sup>2</sup> πολλὰς εἶναι.

Καὶ ἐπιδήμιον μὲν ἐστὶ τὸ νεώτατον, ἑωυτοῦ<sup>3</sup>  
καὶ ἡ ἵησις ῥάστη. ἐμέτους γὰρ χρὴ ποιέεσθαι  
μετὰ τὸ σιτίον ἡμέρας δύο ἢ τρεῖς, προαριστῶντα  
καὶ ἡσυχάζοντα, ἣν εἰώθη<sup>4</sup> τὰς πρόσθεν ἡμέρας  
μονοσιτέειν τε καὶ ταλαιπωρέεσθαι ἣν δὲ μή, |  
216 τῇ αὐτῇ διαίτῃ χρήσθω, λούσθω δὲ πολλῶ καὶ  
θερμῶ ὅταν μέλλῃ ἔμετον ποιέεσθαι. καὶ μᾶζαν  
τ' ἐσθιέτω ψαιστήν, καὶ ἄρτον ἑῶλον ἔξοπτον,  
ἔλκοι γὰρ ἂν μᾶλλον τὸ φλέγμα· ὅψοισι δὲ χρή-  
σθω καὶ λαχάνοισι δριμέσι, καὶ τὰ λιπαρὰ καὶ τὰ  
ὀξέα καὶ τὰ γλυκέα, ταῦτα ἅπαντα ἐπιτήδεια  
ξυμμεμιγμένα προσφέρεσθαι καὶ πᾶσι χλωροῖσι  
τοῖσι λαχάνοισι χρήσθω. καὶ ἐπιπινέτω ἐπὶ τῷ  
σίτῳ ὀλίγον πυκινὰ οἶνον γλυκύν, καὶ πλακοῦντα  
ἐπιφαγέτω ἐπὶ τελευτῆς καὶ μέλι καὶ σῦκα.  
ὅταν δὲ δειπνήσῃ, πινέτω λαύρως τὰς κύλικας,  
καὶ ὅταν ἤδη πλήρης ᾖ, κατακοιμηθήτω ὀλίγον,  
ἔπειτ' ἐπεγερθεὶς ἐμείτω πίνων οἶνου μεγάλην  
κύλικα χλιερῶ<sup>5</sup> κεκρημένην· ἔλκοι γὰρ ἂν μᾶλλον  
τὸ φλέγμα<sup>6</sup> τῶν σαρκῶν καὶ τὸν χυμόν, καὶ ξη-  
ραίνοιτο ἂν μᾶλλον τὸ σῶμα. ἐμείτω δὲ ἐς ὃ<sup>7</sup> ἂν

<sup>1</sup> ἅς and περὶ om. Θ.

<sup>2</sup> M adds φημί.

<sup>3</sup> ἐπιδήμιον . . .

ἑωυτοῦ (Θ): τὸ μὲν ἐπιδήμιον ἐστὶ, τὸ δὲ νεώτατον M.

<sup>4</sup> M: εἰώθειν (Θ).

<sup>5</sup> Θ: καὶ χλιερῶ ὕδατι M.

<sup>6</sup> M adds ἐκ.

<sup>7</sup> ἐς ὃ Θ: ἕως M.



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organs. If the patient is not treated in this way, in the time that follows he wastes away and dies; for the disease is severe.

20. About phlegm I have the same views as about bile, that there are several forms.

The common variety is present for only a very short time, and its cure is easiest: the patient must induce vomiting after his meals for two or three days, and, if it has been his habit in the days that have gone before to eat but one meal and to exert himself strenuously, now take breakfast and keep himself quiet; if this was not his habit, he can continue with his normal regimen, but bathe in copious hot water when he is about to induce vomiting. Let him eat ground barley-cake and day-old well-baked wheat bread, for these will draw the phlegm very well; also employ sharp main dishes and vegetables, all the suitable rich, acid and sweet ones mixed together, and all green vegetables. Let the patient drink a little thick sweet wine with his meals, and at the end eat a flat-cake, honey and figs. After he has had his dinner, have him drink his cups rapidly and, when he is full, lie down a little to sleep; then rouse him, give him a large cup of wine mixed with warm water to drink, and have him vomit; for this will better draw the phlegm and fluid out of the tissues, and his body will be better dried; let him continue to vomit until the figs come

τὰ σῦκα ἐξεμέση, ὕστατα γὰρ ἐξεμέσται ταῦτα.<sup>1</sup>  
 τῇ ὑστεραίῃ ἐν ἡσυχίῃ ἐχέτω<sup>2</sup> ἑωυτὸν μέχρι δείπ-  
 νου, δειπνήτω δὲ ἄρτον αὐτοπυρίτην, ὄψον δ'  
 ἐχέτω τῶν ἰσχυροτέρων οἶνον δὲ πινέτω μέλανα  
 αὐστηρόν. αὕτη μὲν<sup>3</sup> τοῦ ἐπιδημίου φλέγματος  
 ἴησις.

Ἦν δὲ δυνατὸς ἐὼν ἐσθίειν καὶ πίνειν ἥδηται  
 τοῖσι σιτίοισιν, εἴτα τὰ σκέλεα βαρύνηται, καὶ ἡ  
 χροιοὶ μετηλλαγμένη ἦ, τούτου<sup>4</sup> φάναι ἐν τῇ κοι-  
 λῇ φλέγμα τὸ λυπέον εἶναι. ἀλλὰ χρή, ὅποταν  
 οὕτως ἔχη, κλύζειν μέλιτι καὶ οἴνῳ γλυκεῖ καὶ  
 ἐλαίῳ λίτρου παραμίξας ὅσον οἶος ἀστράγαλον  
 ταῦτα γὰρ τῇ φύσει εὐμενέστατα τοῦ ἀνθρώπου  
 ἐς τὸν κλυσμόν· μέτρον γὰρ χρή ἐκάστου εἶναι,  
 τοῦ μὲν οἴνου κοτύλην, ἡμικοτύλιον δὲ τοῦ  
 ἐλαίου, καὶ τοῦ μέλιτος ἴσον. ἦν δὲ μὴ κλύζειν  
 218 βούλῃ, | ὑγρὸν χρή τὸν ἀνθρωπον ποιῆσαι, πυριά-  
 σαντα ἐν ὑγρῇ τῇ πυριήσει·<sup>5</sup> τάχα γὰρ ἂν οὕτως  
 ὑποκενωθεῖ ἡ κόπρος. ὑπὸ γὰρ τῆς ὑπερξηρα-  
 σίης τῶν σιτίων τοῦτο πάσχει· εἰ μὲν οὖν τις ἐσθί-  
 οι σιτία λίαν ἔγχυλα, οὐκ ἂν πάσχοι ταῦτα οὕτω  
 σφόδρα· εἰ δὲ καὶ πάσχοι ποτέ, ὀλίγης ἂν ἰήσιος

<sup>1</sup> ἐ. τ. Θ: τὰ σῦκα ἐξεμέσται. ταῦτα μὲν τῇδε Μ.  
 συνεχέτω Μ.

<sup>3</sup> Μ adds οὖν.

<sup>4</sup> Θ: -ω Μ.

<sup>2</sup> ἐν ἡ. ἐ. Θ:

<sup>5</sup> Θ: πυρίη Μ.

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up, for these are vomited up last. On the following day, have the patient rest until dinner, and then dine on whole-wheat bread and main dishes from among the stronger ones; also let him drink dark dry wine. This is the treatment for the common variety of phlegm.

If the patient is able to eat and drink, and he enjoys his meals, but then his legs become weighed down, and his colour altered, you may suppose that the phlegm of the grievous kind is present in his cavity. When the case is such, you must clean him out below, by using soda to the amount of a sheep's vertebra mixed with honey, sweet wine and olive oil, for these things are the most agreeable to man's constitution as an enema; let the amounts be one cotyle of wine and a half cotyle each of olive oil and honey. If you do not want to use an enema, then you must moisten the person by applying moist vapour-baths; for, in this way, the faeces will be rapidly emptied below. A person is affected by this condition as the result of excessive dryness of his foods; thus, if someone eats foods that are very succulent, he will not be as likely to suffer from it, and, even if he were to, it would require little treatment.

δέοιτο. τοῦτον οὕτως ἰώμενος τάχιστ' ἂν ὑγίειά ποιήσῃς.

21. Ἦν δὲ τύχη παλαιότερον ἔον τὸ φλέγμα—λευκὸν δὲ καλέεται τοῦτο τὸ φλέγμα<sup>1</sup>—πάσχει<sup>2</sup> τάδε βαρύνει τὸν ἄνθρωπον μᾶλλον, καὶ ἰδέην ἔχει ἀλλοίην τοῦ ἐπιδημίου. ὠχρότερός τέ ἐστι, καὶ οἰδέει διὰ παντός<sup>3</sup> τὸ σῶμα, καὶ τὸ πρόσωπον ἐρεύθει, καὶ τὸ στόμα ξηρόν, καὶ δίψα ἔχει, καὶ ὅταν φάγῃ, τὸ πνεῦμα πυκινὸν ἐπιπίπτει αὐτῷ. οὗτος αὐτῆς τῆς ἡμέρης τότε μὲν γίνεται ῥάων, τότε δὲ πονέει ἑξαπίνης καὶ δοκέει ἀποθανεῖσθαι. τούτῳ ἦν μὲν ἡ γαστήρ αὐτομάτῃ ταραχθῇ, ἐγγυτάτῳ ὑγιῆς προβαίνει.

Ἦν οὖν μὴ ταραχθῇ αὐτομάτῃ ἡ κοιλίη, καθαίρειν χρὴ διδόντα τοῦ κνεώρου ἢ τοῦ Κνιδίου κόκκου ἢ τοῦ ἱππόφωυ ἢ τῆς Μαγνησίης λίθου καὶ μετὰ τὴν κάθαρσιν ῥυφεῖν δοῦναι φακῆς τρυβλίον ἓν ἢ δύο, συνειψέσθω δὲ τῇ φακῇ σκόροδα καὶ σεύτλου λιπαροῦ ἀνηδύντου, ἐπ' ἀλφίτων περιπάσαντα, δοῦναι τρυβλίον. πινέτω δὲ οἶνον μέλανα αὐστηρὸν ἰσχυρόν. τῇ δ' ὑστεραίῃ περιπατησάτῳ σταδίους εἴκοσι τὸ ἐώθινόν· ἐλθὼν δὲ φαγέτω ἄρτον μικρὸν<sup>4</sup> ἑξοπτον, καὶ ὄψον ἐχέτω σκόροδα ὀπτά· καὶ πινέτω τοῦ αὐτοῦ οἶνου ὀλίγον ἀκρητέστερον. ἔπειτα βαδιζέτω σταδίους τριή-

<sup>1</sup> λευκὸν . . . φλέγμα om. Θ.

<sup>2</sup> M adds οὖν.

<sup>3</sup> δ. π. Θ:

οἰδήματι πᾶν M.

<sup>4</sup> Θ: πικρὸν M.

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If you treat this patient as indicated, you will very quickly make him well.

21. If the phlegm happens to be of longer duration—this phlegm is called white—the person suffers the following: he is afflicted more intensely, and has different signs than in the common variety of the disease; he is paler, his body swells up all over, his face becomes red, his mouth is dry, he is thirsty, and when he eats anything rapid breathing comes over him. In the course of the same day, this patient is at one time better, but at another time suddenly suffers an attack and seems about to die. If his belly has a spontaneous movement, he proceeds to health very quickly.

However, if the cavity does not have a spontaneous movement, you must clean it out by giving spurge-flax, Cnidian berry, hippopheos or magnetic stone; after the cleaning, give one or two bowls of lentil-soup with boiled garlic, to drink; also give a bowl of unseasoned beets boiled in grease, over which you have sprinkled meal. Let the patient drink strong dry dark wine. On the next day, have him walk twenty stades early in the morning, and, on coming back, eat a small loaf of well-baked bread, as main dish have baked garlic, and drink a little of the same wine, mixed with a very little water. Then let him walk thirty more stades, and,

220 κοντα, καὶ ὅταν ὥρῃ ἢ δείπνου, δειπνήτω<sup>1</sup> ὅσον |  
 περ καὶ ἡριστήκει, ὅψον δ' ἐχέτω μάλιστα μὲν  
 πόδα ὑὸς καὶ κεφάλαια. εἰ δὲ μή, ἀλεκτρυόνος  
 κρέα ἢ ὑὸς· τετρυμένοισι δὲ καὶ ἐφθοῖσι<sup>2</sup> χρήσθω  
 ἰχθύων δὲ σκορπίω ἢ δράκοντι ἢ κόκκυγι ἢ καλ-  
 λιονύμω ἢ κωβιῶ ἢ τῶν ἄλλων ἰχθύων ὅσοι τὴν  
 αὐτὴν δύναμιν ἔχουσι λαχάνων δὲ σκοροδοῖσι  
 χρήσθω καὶ ἄλλω λαχάνω μηδενὶ χρήσθω.<sup>3</sup> ταῦτα  
 δὲ ὥς πλεῖστα τρωγέτω καὶ ὦμά καὶ ὀπτὰ καὶ  
 ἐφθά. καὶ ἐσθιέτω αἰεὶ πλείω ἐκάστης ἡμέρης,  
 καὶ ταλαιπωρεῖτω πρὸς τὰ σιτία τεκμαιρόμενος  
 καὶ ὀλίγῳ πλείω.

Τοῦτο τὸ νόσημα γίνεται μάλιστα θέρεος ὥρῃ<sup>4</sup>  
 ἀπὸ ὑδροπωσίης<sup>5</sup> καὶ ὕπνου κρίνεται δ' ἐν τριή-  
 κοντα ἡμέρησιν, εἰ θανάσιμον ἢ οὐ. ταῦτα μὲν  
 ποιεῖτω ὅταν αἱ τριάκοντα ἡμέραι παρέλθωσιν.  
 ἐν δὲ τῇσι πρώτῃσι τῶν ἡμερέων ῥυφήματι δια-  
 χρήσθω φακῇ λεπτῇ<sup>6</sup> ἐπωκεστέρῃ<sup>7</sup> τῷ ὄξει, καὶ  
 πτισάνῃ ὀξέῃ· πινέτω δὲ χλιαρὸν μελίκρητον,  
 ἄλφита ἐπιβάλλων<sup>8</sup> ὀλίγα, ἵνα ἀνωργασμένον<sup>9</sup> τὸ  
 σῶμα ἢ πρὸς τὴν φαρμακοπωσίην καὶ εὐδέτω  
 ὑπαίθριος ταύτας τὰς ἡμέρας. καὶ ἣν σοι δοκῇ  
 τοῦ αἵματος ἀφελεῖν ἀπὸ τῆς ὀσφύος, σικύην

<sup>1</sup> δ., δ. Θ: δειπνεῖτω Μ.<sup>2</sup> δὲ καὶ ἐφθοῖσι om. Μ.<sup>3</sup> χρήσθω

om. Μ.

<sup>4</sup> Later mss: ὥρης ΘΜ.<sup>5</sup> Μ adds ἔτι δὲ.<sup>6</sup> Θ: ἐφθῇ Μ.<sup>7</sup> Cornarius: ἐπεικεστέρῃ ΘΜ.<sup>8</sup> Θ: -πάσων Μ.<sup>9</sup> Littré: ἀν ὀργισμένον Θ: ἀν ὠργισμένον Μ.

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when it is dinner time, eat as much for dinner as he had for breakfast; as main dish let him best have feet and head-parts of a swine; if not that, the meat of fowl or swine—let him employ these ground and boiled; also of fish scorpion fish, weever, piper, star-gazer, goby or others of the same nature; of vegetables let him employ only garlic, but of these eat as many as possible, raw, baked and boiled. Each day have him eat more, and also exert himself a little more, determining how much according to his food.

This disease occurs mainly in summer from drinking water and from sleeping; thirty days are the critical period that decide whether or not the patient will die. Do the following when the thirty days have passed: on the first days, have the patient regularly take as gruel thin lentil-soup well acidified with vinegar, and acid barley-water: let him drink cool melicrat over which a little meal has been sprinkled, in order that his body will be relaxed for a medication; also let him sleep outdoors on these days. If it seems advisable to you to draw blood from the loins, apply a cupping instru-

προσβάλλειν,<sup>1</sup> καὶ τὰς ἐν ὄσχη φλέβας σχάσων τὰς παχυτάτας. οὗτος οὕτω θεραπευόμενος τάχιστα ὑγιὲς ἔσται.

22. Ἀπὸ φλέγματος μάλιστα περιίσταται ἐς ὕδρον καὶ ἡ πιμελὴ συντήκεται καὶ γίνεται ὕδωρ ὑπὸ τοῦ καύματος τοῦ ἐν τῷ φλέγματι ἐνεόντος. γνώση δὲ τούτῳ, ὅστις δυνατός ἐστιν  
222 ἰθῆναι | καὶ ὅστις μὴ ἕως ἂν τινι<sup>2</sup> ἐπὶ τῷ ἥτρῳ ἐπῇ ἡ πιμελή,<sup>3</sup> δυνατὸς<sup>4</sup> ἰθῆναι ἔστι. γνώση δὲ τοισίδε μάλιστα, εἴ ἐστι πιμελὴ ἐπὶ τῷ ἥτρῳ ἢ οὐ ἦν μὲν<sup>5</sup> πυρετοὶ ἐπιγένωνται καὶ μὴ δύνηται ἀνίστασθαι καὶ ὁ ὀμφαλὸς ἔξω ἐξέχῃ πεφυσμένος, φάναι μηκέτι ἐπεῖναι πιμελήν. ἦν δὲ πυρετὸς<sup>6</sup> μὴ ἐπιγένηται, καὶ δυνατὸς<sup>7</sup> ἢ ἀνίστασθαι, καὶ ὁ ὀμφαλὸς μὴ ἐξέχῃ, φάναι ἐπεῖναι πιμελήν καὶ ἰήσιμον εἶναι.

Τούτῳ συμφέρει τὴν κοιλίην ξηραίνειν, διδόντα ἄρτον μέλανα<sup>8</sup> αὐτοπυρίτην, θερμόν, μὴ ἕωλον, ὄψον δὲ ὄνου<sup>9</sup> κρέας καὶ κυνὸς τελείου, καὶ ὕδς καὶ οἶδς ὡς πιότατα ἐφθά,<sup>10</sup> καὶ ἀλεκτρυόνος ὀπτὰ καὶ θερμά καὶ πουλύποδας ἐσθιέτω ἐψῶν ἐν οἴνῳ μέλανι αὐστηρῶ οἶνον δὲ πινέτω μέλανα ὡς

<sup>1</sup> Potter: -βάλλων Θ: -βαλεῖν Μ.

<sup>2</sup> Θ: γὰρ ἂν τις Μ.

<sup>3</sup> εἰ ἡ π. Θ: ἔχει πιμελήν Μ.

<sup>4</sup> Θ: ἀδύνατος Μ.

<sup>5</sup> Μ: μὴ Θ.

<sup>6</sup> δὲ π. Μ: τε πυρετός τε Θ.

<sup>7</sup> Θ: ἀδύνατος Μ.

<sup>8</sup> Θ: μὲν Μ.

<sup>9</sup> Θ: λαγωῦ Μ.

<sup>10</sup> π. εἰ. Θ: ὀπτὰ Μ.



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ment and slit the widest vessels of the scrotum. If this patient is treated in such a way, he will very quickly recover.

22. From phlegm the most frequent change is to dropsy: fat melts, from the burning heat of the phlegm, and becomes water. You will know by the following who can be healed and who not: as long as fat is present on the patient's abdomen, he can be healed; and you will know, especially by the following, whether or not fat is present on the abdomen: if fevers supervene, if the patient is unable to stand up, and if his navel is distended and protrudes, then assume that fat is no longer present; but if fever does not supervene, if the patient can stand up, and if his navel does not protrude, assume that fat is present, and the patient curable.

It benefits this patient if you dry out his cavity by giving him fresh warm dark whole-wheat bread, and as main dish the meat of ass, mature dog, swine and sheep, these very fat and boiled, or meat of fowl, roasted and warm; also let him eat polyp boiled in dry dark wine; let him drink dark wine

παχύτατον καὶ στρυφνότατον ἰχθύων δὲ χρήσθω  
 κωβιῶ, δράκοντι, καλλιωνύμω, κόκκυγι, σκορπίω  
 καὶ ἄλλοισι τοῖσι τοιούτοισι πᾶσιν ἐφθοῖς ἐώλοισι  
 καὶ ψυχροῖσι ξηρότατοι γὰρ οὗτοι μάλιστά εἰσι  
 καὶ ἐς τὸν ζωμὸν μὴ ἐμβαπτέσθω, καὶ ἀναλτοι  
 ἔστωσαν οἱ ἰχθύες. λαχάνων δὲ χρήσθω ῥαφανίσι  
 καὶ σελίνοισιν ἐψῆσθω<sup>1</sup> δὲ καὶ φακὴν τῷ ὄξει  
 ἐπωκεστέρην καὶ περιπατεῖτω καθ' ἡμέρην καὶ  
 μετὰ τὸ δεῖπνον καὶ ὄρθρου, καὶ ὄψιος εὐδέτω,  
 καὶ πρῶϊος ἐξεγειρέσθω. καὶ ἦν μὲν ὑπὸ τούτων  
 καθίστηται εἰ δὲ μή, πῖσαι αὐτὸν κνέωρον ἢ  
 ἱππόφειω ὁπὸν ἢ Κνίδιον κόκκον, καὶ μετὰ τὴν  
 κάθαρσιν φακῆς δύο τρυβλία ῥυφεῖτω καὶ ἄρτον  
 σμικρὸν καταφαγέτω οἶνον δὲ πινέτω μέλανα,  
 στρυφνόν, ὀλίγον πινέτω δὲ τὸ φάρμακον δις τῆς  
 ἡμέρης, τέως ἂν λαπαρὸς γένηται. ἦν δὲ οἰδημα  
 224 καθεστήκη ἐν τῇ ὄσχη καὶ τοῖσι | μηροῖσι καὶ  
 τῇσι κνήμησι, κατασχᾶν χρὴ ὀξέη τῇ μαχαίρῃ  
 πολλὰ καὶ πυκινά. ταῦτα ἦν ποιέης, τάχιστα  
 ὑγιᾶ ποιήσεις.

23. Ὁ δὲ ὕδερὸς ἀπὸ τῶνδε γίνεται ὅταν  
 θέρεος ὥρῃ διψήσας ὕδωρ πολὺ πίῃ ἐπισπάδην,<sup>2</sup> ἐκ  
 τούτου γίνεσθαι φιλέει μάλιστα ὁ γὰρ πλεύμων  
 πλησθεὶς αὔθις ἀφίησιν ἐς τὰ στήθεα, καὶ ὅταν ἐν  
 τοῖσι στήθεσι γένηται, καῦμα παρέχει σφόδρα

<sup>1</sup> Some later mss, Littre: ὀψάσθω Θ: ὀψήσθω M.

-στάδην Θ: ἐπὶ πάσῃ διήν M.

<sup>2</sup> Littre:

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that is very thick and sour. Of fish let him take goby, weever, star-gazer, piper, scorpion fish and others of the same sort, all boiled and eaten cold on the following day; for these are generally the driest; let the patient not dip them in sauce; the fish must not be salted. Of vegetables have him eat radishes and celery; also boil lentil-soup well acidified with vinegar. Let the patient take walks each day, after dinner and early in the morning, go to bed late, and be awakened early. If, with this treatment, he settles down, fine. If not, have him drink spurge-flax, hippopheos juice, or Cnidian berry, and, after the cleaning, take two bowls of lentil-soup and eat a small loaf of bread; let him drink a small portion of sour dark wine, and take a medication twice a day until he has been opened. If swelling occurs in the scrotum, thighs, and legs below the knees, you must make repeated incisions with a sharp scalpel. If you do these things, you will very quickly make the patient well.

23. Dropsy arises in the following way: when, in summer, a person that is thirsty drinks a large amount of water at one draught, it is most likely to arise from this; for when the lung becomes full, it sends water back into the chest, and when this enters the chest, it produces great burning heat,

ὥστε τήκειν τὸ στέαρ, τὸ<sup>1</sup> ἐπὶ τῇσιν ἀρτηρίησιν ἐπεόν<sup>2</sup> καὶ ἦν ἅπαξ ἄρξεται τήκεσθαι τὸ στέαρ πολλῷ πλέον, ἐν ὀλίγῳ χρόνῳ τὸν ὕδερὸν ἐνεποίησε. γίνεται δὲ καὶ ἦν φύματα ἐν τῷ πλεύμονι ἐμφυῇ καὶ πλησθῇ ὕδατος καὶ ῥαγῇ ἐς τὰ στήθεα. ὥς δὲ γίνεται καὶ ἀπὸ φυμάτων ὁ ὕδερὸς, τόδε μοι μαρτύριον καὶ ἐν βοῖ καὶ ἐν ὑῖ καὶ ἐν κυνὶ μάλιστα γὰρ τῶν τετραπόδων τούτοις γίνεται φύματα ἐν τῷ πλεύμονι ἃ ἔχει ὕδωρ, διαταμῶν δὲ ἂν γνοίης τάχιστα, ρεύσεται γὰρ ὕδωρ. δοκέει δὲ καὶ ἐν ἀνθρώπῳ ἐγγίνεσθαι τοιαῦτα πολλῷ μᾶλλον ἢ ἐν προβάτοις, ὅσῳ καὶ τῇ διαίτῃ χρώμεθα ἐπινούσῳ μᾶλλον. ἐγένοντο δὲ πολλοὶ καὶ ἔμπυοι φυμάτων ἐγγενομένων.

Τάδε οὖν κατ' ἀρχὰς τῷ νοσήματι ἐπιγίνεται βῆξ ξηρή, καὶ ἡ φάρυγξ δοκέει κρέκειν,<sup>3</sup> καὶ ῥίγος καὶ πυρετὸς ἐπιγίνεται καὶ ὀρθοπνοίη, καὶ ὁ χρῶς ἐποιδαλέος, καὶ οἱ πόδες μάλιστα ἐποιδέουσι,<sup>4</sup> καὶ οἱ ὄνυχες ἔλκονται. καὶ ἕως μὲν ἐν τῇ ἄνω κοιλίῃ ὁ ὕδερὸς ἐνῇ, ὁ πόνος ὀξύς· ὅταν δ' ἐς τὴν κάτω κοιλίην ἔλθῃ, δοκέει ῥάων εἶναι· ἔπειτα  
226 πᾶσχει ταῦτα προῖόν|τος τοῦ χρόνου οἷά περ ὁ πρόσθεν, πιμπραμένης<sup>5</sup> τῆς κοιλίης. ἔστι δ' ὅτε ἀποιδέει πρὸς τὸ πλευρόν, καὶ δηλοῖ ἡ χρῆ τάμνειν.

<sup>1</sup> τὸ σ., τὸ Θ: τὴν πιμελήν, τὴν Μ.

<sup>3</sup> Θ: κέρχειν Μ.

<sup>4</sup> μ. ε. Θ: οἰδέουσι Μ.

<sup>2</sup> Θ: ἐπεοῦσαν Μ.

<sup>5</sup> Θ: πιμπλαμένης Μ.

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so that the fat present on the bronchial tubes melts; once this fat begins to melt very much, it soon gives rises to dropsy. The disease also arises if tubercles form in the lung, fill up with fluid, and rupture into the chest. (That dropsy truly does also arise from tubercles, here is my proof from the cow, swine and dog: tubercles containing fluid occur most frequently among quadrupeds in the lungs of these animals, as you would very quickly discover by cutting through one, for water will run out; and it seems probable that in man such things are present much more than in animals, since we employ a more unhealthy regimen.) Many patients also suppurate internally when tubercles are present.

At the beginning, then, this disease includes the following: a dry cough; the throat seems to whistle; chills and fever set in, and orthopnoea; the skin is puffy; the feet are very swollen; the nails become curved. As long as the dropsy occupies the upper cavity, the distress is acute, but when it moves to the lower cavity, the patient seems better. Then, with the passage of time, his cavity becomes distended, and he suffers the same things as the preceding patient. Sometimes swelling appears in the side and indicates where you must incise.

Ἦν δὲ μὴ ἀποδηλοῖ,<sup>1</sup> λούσας πολλῶ καὶ θερμῶ, τῶν ὤμων λαβόμενος σείσον εἴτα ἀκροᾶσθαι ἐν ὁποτέρῳ ἂν τῶν πλευρέων μᾶλλον κλυδάζηται.<sup>2</sup> συνεῖς δὲ τάμνειν κατὰ<sup>3</sup> τὴν πλευρὴν τὴν τρίτην ἀπὸ τῆς νεάτης μέχρι τοῦ ὀστέου. εἴτα τρυπῆσαι<sup>4</sup> πέρην τρυπάνῳ περητηρίῳ.<sup>5</sup> καὶ ὅταν τρυπηθῇ, ἀφεῖναι τοῦ ὕδατος<sup>6</sup> ὀλίγον καὶ ὅταν ἀφῆς, μοτῶσαι ὠμολίνῳ, καὶ ἄνωθεν ἐπιθεῖναι σπόγγον μαλθακόν εἴτα καταδῆσαι ὥς μὴ ἐκπέσῃ ὁ μοτός. ἀφιέναι δὲ<sup>7</sup> δώδεκα ἡμέρας τὸ ὕδωρ,<sup>8</sup> ἅπαξ τῆς ἡμέρης. μετὰ δὲ τὰς δώδεκα ἡμέρας τῇ τρισκαιδεκάτῃ ἅπαν ἀφιέναι τὸ ὕδωρ, καὶ τὸν λοιπὸν χρόνον ἦν ὑπογίνεται ὕδατός τι, ἀφιέναι, καὶ ὑποξηραίνειν τὴν κοιλίην.

Τάδε δὲ<sup>9</sup> διδόναι μετὰ τὴν τμῆσιν σκευάσας ὁποῦ σιλφίου δραχμὴν σταθμόν, καὶ ἀριστολοχίης<sup>10</sup> κνήσας<sup>11</sup> ὅσον ἐλάφειον ἀστράγαλον, καὶ φακῶν καὶ ὀρόβων πεφρυγμένων ἄλφιστα καθήρας ὅσον ἡμιχοίνικον ἑκατέρων εἴτα ταῦτα συμφυρῆσαι μέλιτι καὶ ὄξει· εἴτα πλάσαι κόλλικας ἐξήκοντα, τούτων τρίβων ἓνα ἐκάστης ἡμέρης διεῖναι ἐν

<sup>1</sup> μὴ ἀ. M: ἀποιδήσῃ Θ.

<sup>2</sup> Θ: κλύξ- M.

<sup>3</sup> κατὰ om. M.

<sup>4</sup> M: -ήρους Θ.

<sup>5</sup> Littre (περι- Mack): περητ- Θ: τριγλητ- M.

<sup>6</sup> Later mss: τὸ ὕδωρ Θ: ταῖ ὕδρωπος M

<sup>7</sup> M adds χρή.

<sup>8</sup> Θ: τὸν ὕδρωπα M.

<sup>9</sup> Θ: Τὰ δὲ χρή M.

<sup>10</sup> M: -ίαν Θ.

<sup>11</sup> Jouanna (p. 216): κνήσαι ΘM.

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If there is no indication, wash the patient in copious hot water, take hold of him by the shoulders, and shake him; then listen in which of the two sides there is more fluctuation. When you have discovered this, incise down to the bone at the third lowest rib; then pierce right through to the inside with a straight-pointed trephine and, after boring, draw off a little of the fluid. When you have done this, plug the wound with a tent of raw linen and apply a soft sponge from above; then tie the sponge tight in order that the tent does not fall out. Draw off fluid once a day for twelve days. On the thirteenth day, remove all the fluid, and from then on, if any new fluid forms, draw it off. Also dry out the cavity below.

After the incision, give the following: prepare silphium juice a drachma in weight, grate aristolochia to the amount of a deer's vertebra, and sift a half-choenix each of the meals of parched lentils and vetches; then knead these together with honey and vinegar, and form into sixty trochisci. Grind one of these down each day, soak it in a half-cotyle

οἴνου ἡμικοτυλίῳ μέλανος αὐστηροῦ ὡς ἡδίστου<sup>1</sup>  
εἶτα διδόναι πίνειν νήσται. τὴν δὲ ἄλλην δίαιταν  
καὶ ταλαιπωρίην τὴν αὐτὴν κελεύειν διαιτᾶσθαι  
ἣν καὶ ὁ πρόσθεν.<sup>2</sup> καὶ ἦν οἰδήσῃ τὰ αἰδοῖα καὶ  
τοὺς μηρούς, θαρσῶν κατασχάσαι.

Τοῦτον ἦν οὕτως μελετᾶς, τάχιστα ὑγίεια  
ποιήσεις.<sup>3</sup>

228 24. Ὅδε δὲ ὁ<sup>4</sup> ὕδερὸς ἀπὸ τοῦ ἥπατος γίνε-  
ται, | ὅταν ἐς τὸ ἥπαρ φλέγμα ἐπινεμηθῇ,<sup>5</sup> καὶ  
ἀναλάβῃ τὸ ἥπαρ καὶ ὑγρανθῇ. εὐθὺς οὖν<sup>6</sup> καῦμα  
παρέχει τὸ ἥπαρ, καὶ φῦσαν ἐμποιέει, ἔπειτα  
χρόνῳ ὕδατος ἐμπίμπλαται καὶ περὶ τὸν χρόνον  
τὸ σῶμα ἐμπίπτει, καὶ οἰδημα ἐν τῇσι κνήμησι  
καὶ τοῖσι ποσίν ἐστι. καὶ τὸ ἥπαρ σκληρὸν καὶ  
οἰδέει, καὶ αἱ κληῖδες λεπτύνονται.

Τοῦτον ὅταν οὕτως ἔχῃ, κατ' ἀρχὰς τοῦ νοσή-  
ματος διδόναι αὐτῷ, ἦν ἀλγέῃ τὸ ἥπαρ, τρίβων  
ὀρίγανον καὶ ὀπὸν σιλφίου ὅσον ὄροβον, διδόναι δὲ  
διεῖς<sup>7</sup> πίνειν ἐν οἴνου ἡμικοτυλίῳ λευκοῦ<sup>8</sup> πινέτω  
δὲ καὶ γάλα αἰγός, τρίτον μέρος μελικρήτου  
παραμίσγων, τετρακότυλον κύλικα. σιτίων δὲ  
ἀπεχέσθω τὰς πρώτας ἡμέρας δέκα αὗται γὰρ

<sup>1</sup> ἐν αἰνῷ . . . ἡδίστου Θ: οἴνου μέλανος ἡμικοτυλίῳ αὐστηρῷ ὡς ἡδίστου  
M. <sup>2</sup> ὁ π. Θ: τὸν π. χρόνον M. <sup>3</sup> Θ: ὑγιὲς ἔσται M.

<sup>4</sup> Θ: Ὁ δὲ M. <sup>5</sup> Θ: -γένηται M. <sup>6</sup> οὖν om. Θ.

<sup>7</sup> δε ὁ Potter: διεῖς M: δε δις Θ. <sup>8</sup> Ermerins: αἰνῷ . . . λευκῷ ΘM.



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of dry dark very pleasant wine, and give to the fasting patient to drink. Order him to conduct the rest of his regimen and his exercise the same as the preceding patient. If he swells up in the genital organs and the thighs, make incisions without hesitation.

If you treat this patient in such a way, you will very quickly make him well.

24. The next dropsy arises from the liver, when phlegm encroaches into the liver, and the liver takes it up and becomes moist: the liver immediately produces burning heat, and gives rise to tympanites, and then, after a time, it fills up with fluid. After that, gnawing pains attack the body, and swelling occupies the legs below the knees, and the feet; the liver is hard and swollen, and the collar-bones become lean.

When the case is such, if at the beginning of the disease the patient has pain in his liver, give him ground marjoram and silphium juice to the amount of a vetch, soaked in a half-cotyle of white wine, to drink. Let him also drink a four-cotyle cup of goat's milk, to which one third part of melicrat has been added. Have him abstain from foods for the first ten days—this is the critical period that decides

κρίνουσιν, εἰ θανάσιμος ἢ οὐ. ῥυφανέτω δὲ πτισάνης χυλὸν κάθεφθον μέλι παραχέων οἶνον δὲ πινέτω Μένδαιον λευκὸν ἢ ἄλλον τινὰ<sup>1</sup> ἥδιστον ὕδαρέα. ὅταν δὲ αἱ δέκα ἡμέραι παρέλθωσι, σιτία προσφερέσθω καθαρὰ, καὶ ὄψον ἐχέτω ἀλεκτρυόνος κρέα ἐφθά καὶ ὀπτά<sup>2</sup> ἐχέτω δὲ καὶ σκύλακος ἐφθά. ἰχθυῖ δὲ γαλεῶ καὶ νάρκη χρήσθω ἐφθοῖσιν<sup>3</sup> οἶνον δὲ τὸν αὐτὸν πινέτω.

Καὶ ἦν μὲν ὑπὸ τούτων παύηται<sup>4</sup> ἦν δὲ μή, ὅταν αὐτὸς ἐωυτοῦ παχύτατος ἦ καὶ τὸ ἦπαρ μέγιστον, καῦσαι μύκησιν οὕτω γὰρ ἂν τάχιστα ὑγίεια ποιήσῃς· καῦσαι δὲ χρὴ ὀκτὼ ἐσχάρας.

Ἦν δὲ ὁ ὕδρος ἐγγένηται καὶ ῥαγῇ ἐς τὴν κοιλίην, τοῖς αὐτοῖσιν ἰᾶσθαι οἷσι καὶ τὸν πρόσθεν, φαρμάκοις καὶ ποτοῖσι<sup>5</sup> καὶ βρωτοῖσι καὶ ταλαιπωρίῃσιν οἶνον δὲ πινέτω μέλανα αὐστηρόν. ἦν δὲ σοι δοκῇ ἀφίστασθαί που τὸ ἦπαρ, καῦσαι σιδηρίῳ καὶ ἀφιέναι τοῦ ὕδατος κατ' ὀλίγον ὥς τὸ πρόσθεν καὶ τᾶλλα ἰᾶσθαι τὸν αὐτὸν τρόπον. ἦν δὲ μὴ ὑπὸ τούτων ὑγιῆς γένηται, φθειρόμενος χρόνῳ<sup>6</sup> θνή|σκει ἢ γὰρ νοῦσος χαλεπή, καὶ παῦροι ἐκφυγάνουσιν.

25. Ὅδε δὲ ὁ ὕδρος ἀπὸ τοῦ σπληνὸς γίνεται<sup>7</sup> ἀπὸ τῆσδε τῆς προφάσις μάλιστα· ὅταν

<sup>1</sup> Θ: τὸν M.      <sup>2</sup> ε, καὶ δ. Θ: ὀπτά θερμά M.      <sup>3</sup> Θ: ὀπτοῖσι M.

<sup>4</sup> Θ: παύσῃται, ἄλις M.      <sup>5</sup> καὶ ποτοῖσι om. Θ.      <sup>6</sup> χρόνῳ

om. M.      <sup>7</sup> Θ adds δὲ.

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whether or not he will die—take gruels of boiled barley-water with honey, and drink a white Mendeian or some other very pleasant wine diluted with water. When the ten days have passed, let him take fine cereals, have as main dish the meats of fowl boiled or grilled, and also boiled puppy, of fish employ boiled dogfish and torpedo, and drink the same wine.

If this brings an end, fine. If not, when the patient has spontaneously become very robust and his liver is at its maximum, cauterize with fungi; for in this way you will most quickly make him well; you must burn eight eschars.

If in dropsy there is a break into the cavity, treat with the same things used for the preceding patient: medications, drinks, foods, and exercises; let the patient drink dry dark wine. If the liver seems to you to stand out at some point, cauterize it with an iron, and draw off fluid a little at a time as above; for the rest, apply the same treatment. If the patient does not recover with this treatment, in time he will waste away and die; for the disease is severe, and few escape it.

25. The next dropsy arises from the spleen, most often in the following way: when in late summer a

ὁπώρα ἥ καὶ αὐτῆς<sup>1</sup> φάγη πολλὴν σύκων χλωρῶν καὶ μήλων. πολλοὶ δὲ ἤδη βότρυας πολλοὺς καταφαγόντες καὶ γλεῦκος πιόντες τὴν νοῦσον ἔλαβον.

Ἦν οὖν μέλλῃ<sup>2</sup> ἐς τὸ νόσημα ἐμπεσεῖσθαι, παραχρῆμα ἐν τοῖσι πόνοισιν ἐστὶν ὁδύναι τε γὰρ ὀξέαι ἐν τῷ σπληνὶ καθεστᾶσι, μεταπίπτουσι δὲ καὶ ἐς τὸν ὦμον καὶ ἐς τὴν κληῖδα καὶ ἐς τὸν τιτθὸν καὶ ἐς τὴν λαγόναν καὶ πυρετοὶ ἰσχυροὶ ἔχουσι καὶ ἦν φάγη τι, ἢ γαστήρ πίμπραται<sup>3</sup> καὶ ὁ σπλὴν αἰρέται καὶ ὁδύνην παρέχει. τούτῳ ἦν χρονισθῇ τὸ νόσημα, τὸν μὲν ἄλλον χρόνον οὐ<sup>4</sup> πονέει, ὅταν δὲ ἢ ὁπώρα ἥ καὶ φάγη αὐτῆς, τότε<sup>5</sup> πονέει μάλιστα.

Τοῦτον, ὅταν οὕτως ἔχῃ, κατ' ἀρχὰς μελετᾶν, ἄνω μὲν ἐλλέβορον διδούς, κάτω δὲ κνέωρον ἢ ἱππόφειω ὁπὸν ἢ κόκκον Κνίδιον διδόναι δὲ καὶ ὄνειον γάλα ἐφθόν<sup>6</sup> ὀκτῶ κοτύλας μέλι παραχέας, καὶ ἦν μὲν ὑπὸ τούτων καθίστηται, ἄλις ἦν δὲ μή, ὅταν μέγιστος ἦ ὁ σπλὴν καὶ οἰδέῃ μάλιστα, καῦσαι μύκησι, τὰς κεφαλὰς πολλὰς ἀπολαβών, ἢ σιδηρίοισι, φυλασσόμενος ὅπως μὴ πέρην διακαύσῃς. ταῦτα μὲν κατ' ἀρχὰς ποιεῖν τοῦ νοσήματος καὶ δίαιταν τήνδε προσφέρεσθαι, πυρετοῦ

<sup>1</sup> Θ: -ὸς M.

<sup>2</sup> Θ adds παραχρῆμα.

<sup>3</sup> Θ: -πλαται M.

<sup>4</sup> Θ: ἤσσουν M.

<sup>5</sup> α., τ. Θ: ἀντὶ τοῦ πρόσθεν M.

<sup>6</sup> ἐφθὸν om. M.

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person eats a lot of the season's fruits such as green figs and apples; many persons have also taken the disease after eating too many grapes and drinking grape-juice.

If, then, a person is about to fall into the disease, he is at once subject to its sufferings; for sharp pains occupy his spleen, and also migrate to his shoulder, collar-bone, nipple and flank, there are violent fevers and, if the patient eats anything, his belly is distended; his spleen swells up and is painful. If the disease becomes prolonged in this patient, at other times of the year he is free of pain, but, when late summer arrives and he eats its fruits, his suffering is great.

When the case is such, at the beginning treat the patient by giving him hellebore to clean upwards, and spurge-flax, hippopheos or Cnidian berry to clean downwards; also give him eight cotylai of boiled ass's milk with honey. If, with this treatment, the disease settles down, fine. If not, when the spleen is at its greatest size and most swollen, cauterize it with fungi, holding their many heads away from the spleen, or with irons, taking care not to burn right through. Do these things at the beginning of the disease. If there is no fever, prescribe the following regimen: let the patient

232 μὴ ἔχοντος ἄρτω μὲν χρήσθω πυρίνῳ.<sup>1</sup> | ὄψον δ' ἔχέτω τάριχον Γαδειρικὸν ἢ σαπέρδην, καὶ κρέας τετρυμένον οἶός, καὶ τὰ ὀξέα καὶ τὰ<sup>2</sup> ἀλμυρὰ πάντα ἐσθιέτω, καὶ πινέτω οἶνον Κῶον αὐστηρὸν ὥς μελάντατον τῶν δὲ γλυκέων ἀπεχέσθω. ἣν δ' ἐξανίστηται καὶ δυνατὸς ἦ, παλαιέτω ἀπ' ἄκρων<sup>3</sup> τῶν ὤμων, καὶ ταλαιπωρεῖτω περιόδοισι πολλῇσι δι' ἡμέρης, καὶ εὐωχεῖσθω ἃ προεῖρηται μάλιστα.

Ἦν δὲ ὕδρος ἐπιγένηται,<sup>4</sup> ἰᾶσθαι κατὰ ταῦτα καὶ τοῖς αὐτοῖσι καθάπερ τοὺς πρόσθεν.

26. Ὅδε δὲ ὁ<sup>5</sup> ὕδρος ἀπὸ τῶνδε γίνεται θέρεος ὥρην, ἣν ὁδοιπορέων ὁδὸν μακρὴν ἐπιτύχη ὁμβρίῳ ὕδατι καὶ στασίμῳ καὶ πῖναι αὐτοῦ ἐπισπᾶδην πολλόν, καὶ<sup>6</sup> αἱ σάρκες ἀναπίῳσι καὶ ἐν ἑωυτῇσιν ἴσχωσι τὸ ὕδωρ, ὑποχώρησις δὲ μὴ γένηται μηδαμῇ.

Τάδε οὖν πάσχει ἐν μὲν<sup>7</sup> τῇ σαρκί, καῦμα παρέχει ἐν τῇ κοιλίῃ καὶ τῷ σώματι, ὥστε τὸ στέαρ τὸ ἐὸν ἐπὶ τῇ κοιλίῃ τήκει. οὗτος τέως μὲν ἂν βαδίζῃ, οὐδὲν δοκέει κακὸν ἔχειν, ὅταν δὲ παύσῃται βαδίζων καὶ ὁ ἥλιος δύῃ,<sup>9</sup> παραχρῆμα τὸν πόνον ἔχει.<sup>10</sup> προϊούσης δὲ τῆς νούσου λεπτύ-

<sup>1</sup> M adds ὁπτιὸν ἢ τῶν σκληρῶν πυρῶν διπυρέτην.

ἄλλα.

<sup>3</sup> Θ: ἐπ' ἄκρον M.

<sup>4</sup> Θ: γέν- M.

<sup>2</sup> Θ adds

<sup>5</sup> Θ: Ὁ δὲ M.

<sup>6</sup> Θ: ἣν οὖν M.

<sup>7</sup> ἐν μ. Θ: ἣν μὲν ἢ ἐν M.

<sup>8</sup> ἐὸν ἐ. Potter:

σὸν ἐ. Θ: ἐπιὸν M.

<sup>9</sup> Θ adds εὐθύς.

<sup>10</sup> Θ: παρ- M.

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eat wheat bread; as main dish have Cadiz salt-fish or saperdes, and ground mutton; eat all acid and salty foods; drink dry very dark Coan wine, and abstain from sweets. If he gets up, and is able, let him wrestle with the tips of his shoulders,<sup>1</sup> and exert himself through the day with frequent walks; also feed him well, mainly on what has been mentioned above.

If dropsy is present, treat it according to the same principles and with the same things used for the preceding patients.

26. The next dropsy arises in the following way: if, in summer, a person on a long journey happens upon some stagnant rain water, and drinks a large amount of it at one draught, if his tissues drink up the water and hold it within themselves, and if no evacuation at all occurs.

The patient, then, suffers the following: the water in the tissues produces burning heat in the cavity and the body, so that the fat present in the cavity melts. As long as the person keeps walking, he does not seem to suffer any harm, but when he stops and the sun goes down, he immediately has an attack. As the disease progresses, he becomes

<sup>1</sup> Wrestlers are sometimes depicted on Greek vases standing with arms extended and hands grasping each other's shoulders. It may be that a type of skirmishing in this position was considered safe enough for persons in a state of convalescence.

234 νεται σφόδρα· ἦν δὲ καὶ ἀσιτία ἐπιγένηται, καὶ πολλῶ μᾶλλον λεπτύνεται. ἦν δὲ τὰ σιτία μὲν ἐσθίῃ,<sup>1</sup> ταλαιπωρέειν δὲ ἀδύνατος ἦ, τοῖσι πολλοῖσιν οἶδημα καθίσταται ἐς ἅπαν τὸ σῶμα, καὶ τῷ μὲν λεπτῷ ἡ χροὴ πελιδνὴ γίνεται, καὶ ἡ γαστήρ μεγάλη, καὶ δίψα ἔχει ἰσχυρή· τὰ γὰρ σπλάγχνα αὐτοῦ θερμαίνεται<sup>2</sup> ὑπὸ τῆς θερμασίης. τοῦ δὲ χρόνου προϊόντος, αὐτὸς μὲν πρόθυμός ἐστιν ἐσθίειν ὅσα<sup>3</sup> τις διδοῖ, καὶ | πίνειν, καὶ ἀλγέει οὐδέν. ἦν δὲ τὸ οἶδημα κατέχη, ἡ χροὴ αὐτοῦ γίνεται ὠχρή, καὶ διὰ τοῦ σώματος φλέβες μέλαιναι διατέτανται πυκναί· θυμαίνει δὲ καὶ λυπεῖται ἐπὶ παντός, οὐδενὸς ἐόντος νεωτέρου· ἡ δὲ γαστήρ μεγάλη καὶ διϋδρος καὶ<sup>4</sup> ὥσπερ λαμπτήρ· καὶ τοῦ χρόνου προϊόντος τὰ σιτία οὐ προσίεται, ἀλλὰ δοκέει αὐτῷ ὅζειν σικύου ἀγρίου ὑπὸ τῆς βδελυρίας.

Τούτῳ, ὅταν οὕτως ἔχη, διδόναι τοῦ κνεώρου ἢ τοῦ ἱππόφω τὸν ὀπὸν ἢ τὸν Κνίδιον κόκκον ταῦτα δὲ τὰ φάρμακα διδόναι ὥδε χρή· τὸ μὲν κνέωρον δι' ἑκτῆς ἡμέρης, τὸν δὲ τοῦ ἱππόφω ὀπὸν δι' ὀγδόης, τὸν δὲ Κνίδιον κόκκον διὰ δεκάτης ἡμέρης· διδόναι δὲ χρή ταῦτα, ἕως ἂν ἐκκαθαρθῇ καὶ λαπαρὸς γένηται τὰς δὲ μεταξὺ τῶν ἡμερέων εὐωχέειν τοῖς αὐτοῖς οἷσι καὶ τοὺς πρόσθεν.

<sup>1</sup> Θ: ἐσθίειν δύνηται M.

<sup>2</sup> Θ: ξηραί- M.

<sup>3</sup> Θ: ὀκόταν M.

<sup>4</sup> καὶ om. M.



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very lean, and, if he loses his appetite as well, even leaner. If he eats his meals, but is unable to exert himself, in most cases swelling occupies his whole body; the emaciated patient's skin becomes livid, his belly large, and he has a violent thirst, for his inward parts are heated by the burning heat. As time passes, the patient is eager to eat and drink as much as anyone will give him, and his pains go away. However, if the swelling prevails, his skin becomes pale-yellow, and throughout his body extend numerous dark vessels; he is angry and vexed with everything, even when nothing new happens; his belly is large, full of water, and like a lantern.<sup>1</sup> With the passage of time, the patient no longer accepts food, since it seems to him to smell like squirting-cucumber, because of his nausea.

When the case is such, give the patient spurge-flax, hippopheos juice or Cnidian berry; you must give these medications as follows: the spurge-flax every sixth day, the hippopheos juice every eighth day, and the Cnidian berry every tenth day; you must give them until the patient is cleaned out and loosened. On the days between, feed him well on the same things given to the previous patients. In

<sup>1</sup> I.e. with a watery, yellow, translucent appearance; cf. chapter 43 below.

μάλιστα δὲ τοῦ ὕδατος τοῦ αὐτοῦ πίνειν διδόναι, ὑπ' ὅτεν καὶ τὸ νόσημα ἔλαβεν, ὡς πλείστον, ὅπως ἀναταράξῃ αὐτοῦ τὴν κοιλίην καὶ ὑποχωρήσῃ σφόδρα· οὕτω γὰρ ἂν τάχιστα ὑγιέα ποιήσῃς.<sup>1</sup> ἦν δέ σοι δοκῇ, κλύζειν θαμινά· χρή τοῦ κνεώρου τρίψας ἥμισυ πόσιος, μέλιτος παραμίξας τρίτον μέρος κοτύλης, σευτλίου τέσσερσι κοτύλῃσι<sup>2</sup> διεῖναι, εἰθ' οὕτω κλύζειν, καὶ ὀνείου γάλακτος ἐφθοῦ τῇ δ' ὑστεραίῃ δοῦναι ὀκτὼ κοτύλας, μέλι παραχέων ἢ ἅλας παραβάλλων, πίνειν, καὶ μετὰ τὴν κάθαρσιν τοῖσιν αὐτοῖσι χρήσθαι οἷσι καὶ οἱ πρόσθεν· καὶ τὰς μεταξὺ τῶν ἡμερέων σιτίοισι καὶ ποτοῖσι τοῖς αὐτοῖσι χρήσθω καὶ τοῖσι περιπάτοισιν.

Οὗτος οὕτω θεραπευόμενος τάχιστα τῆς νόσου ἀπαλλαγῇσεται τρίμηνος ἢ ἑξάμηνος· ἦν δὲ ἀμελείῃ τις ἐγγένηται καὶ μὴ παραχρῆμα μελετηθῇ, ἐν τάχει ἀποθνήσκει. καὶ τὸν καταλεπτυνόμενον δὲ τοῖς αὐτοῖσιν ἰᾶσθαι προὔγρηται δὲ χρή πρότερον αὐτοῦ τὸ | σῶμα πυριάσαντα, ὅπως ἂν μᾶλλον τῷ φαρμάκῳ ὑπακούσῃ. ἀλλὰ χρή παραχρῆμα μελετᾶν εἰ δὲ μή, τοῖσι πολλοῖσι συγγηράσκει ἢ νοῦσος. κλύζειν δὲ χρή καὶ ἄλλοισι<sup>3</sup> ὅποτέρην ἂν βούλῃ τῶν νόσων οἴνου λευκοῦ δύο κοτύλας λαβὼν καὶ μέλιτος ἡμικοτύλιον, καὶ ἐλαίου

<sup>1</sup> ἂν . . . ποιήσῃς Θ: μάλιστα ὑγιέα ποιήσεις Μ.

κοτύλης Μ.

<sup>2</sup> Θ: τέταρτον

<sup>3</sup> καὶ ἄ. Potter: \*ἄλλον Θ: καὶ τοισίδε Μ.

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particular, give him the same water to drink from which he took the disease, and in large amounts, in order that it stirs up his cavity and passes off powerfully below; for in this way you will most quickly make him well. If it seems advisable to you, administer several enemas: you must grind one half draught of spurge-flax, mix in one third cotyle of honey, soak this in four cotylai of beets, and then employ as an enema. The next day, give eight cotylai of boiled ass's milk with honey or salt, to drink. After the cleaning, let this patient employ the same things as the preceding ones and, on the days between cleanings, the same foods, drinks and walks.

This patient, if treated in such a way, will be relieved readily of the disease within three or six months; but if there is any negligence, and he is not treated at once, he soon dies. Also treat the very emaciated patient with these same measures; first, though, you must moisten his body in advance by applying vapour-baths, in order that he will respond better to the medication. Treatment must be immediate; if it is not, in most cases the disease accompanies the person into old age. Administer this other enema in whichever disease you wish: take two cotylai of white wine, a half-cotyle each of

ἡμικοτύλιον, λίτρου τεταρτημόριον Αἰγυπτίου ὀπτοῦ, σικύου ἀγρίου τῶν φύλλων κόψας καὶ ἐκπιέσας<sup>1</sup> τοῦ χυλοῦ κοτύλην, ταῦτα μίξας πάντα, ἐγχέαι ἐς χυτρίδιον, καῖπειτα ζέσας<sup>2</sup> οὕτω κλύζειν.

27. Ἡπατίτις ἡ νοῦσος γίνεται ἀπὸ χολῆς μελαίνης, ὡς<sup>3</sup> ἐπιρρυῇ ἐπὶ τὸ ἥπαρ προσπίπτει δὲ μάλιστα φθινοπώρου καὶ ἐν τῇσι μεταβολῇσι τοῦ ἐνιαυτοῦ. τάδε οὖν πάσχει ἐς τὸ ἥπαρ ὀδύνη ὀξέη ἐμπίπτει,<sup>4</sup> καὶ ὑπὸ τὰς νεάτας πλευρὰς καὶ ἐς τὸν ὦμον καὶ ἐς τὴν κληῖδα καὶ ἐς<sup>5</sup> τὸν τιτθόν, καὶ πνίξ ἔχει ἰσχυρή, καὶ ἐνίοτε ἀπεμέει πελιδνὴν χολήν, καὶ ῥίγος, καὶ πυρετὸς τὰς μὲν πρώτας ἡμέρας σφόδρα, ἔπειτα μέντοι βληχρότερος ἔχει καὶ ψαυόμενος ἀλγέει κατὰ τὸ ἥπαρ, καὶ ἡ χροιὴ ὑποπέλιος αὐτοῦ καὶ τὰ σιτία ἃ πρόσθεν ἐβεβρώκει πνίγει<sup>6</sup> προσπίπτοντα καὶ καίει καὶ στρέφει τὴν κοιλίην. ταῦτα μὲν πάσχει κατ' ἀρχὰς τῆς νοῦσου προϊούσης δὲ τῆς νοῦσου ὅι τε πυρετοὶ ἀφιασι καὶ ἀπ' ὀλίγων σιτίων πίμπλαται, καὶ ἐν τῷ ἥπατι ἡ ὀδύνη μῶνον λείπεται, καὶ αὕτῃ ποτὲ μὲν ἰσχυρή, ποτὲ δὲ ἥσων δια-

<sup>1</sup> Θ adds κερημένον.

<sup>2</sup> Θ: καὶ ἐπιζέσας M.

<sup>3</sup> Θ: ὁκόταν M.

<sup>4</sup> M adds αὐτῷ.

<sup>5</sup> Θ: ὑπὸ M.

<sup>6</sup> M adds αὐτὸν.

<sup>7</sup> Θ adds ἐς.

<sup>8</sup> τῆς νοῦσου . . . νοῦσου Θ: τῆς δὲ ν. π. M.

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honey and oil, and a fourth-cotyle of burnt Egyptian soda, and cut off the leaves of a squirting-cucumber plant and squeeze out a cotyle of juice; mix all these ingredients together, pour them into a small pot, and then boil and administer as an enema.

27. This hepatic disease arises from dark bile, when it flows to the liver; the disease generally attacks in fall and at the year's changes. The patient suffers the following: sharp pain befalls his liver, the region beneath his lowest ribs, his shoulder, his collar-bone, and his nipple; there is violent choking, and sometimes the patient vomits livid bile; chills and fever, intense on the first days, but then milder, set in. On being touched in the region of his liver, the patient feels pain; his colour is somewhat livid; the foods he had eaten previously provoke choking now, when they come into contact with the cavity, and burning and colic. These are the things the person suffers at the beginning of the disease; as it progresses, though, the fevers slacken, he becomes full on little food, and pain persists only in the liver; there it is sometimes severe, but at other times intermittently

παύουσα. ἐνίοτε δὲ ὀξέη ἐπιλαμβάνει,<sup>1</sup> καὶ πολ-  
λάκις ἐξαπίνης τὴν ψυχὴν ἀφῆκε.

Τούτῳ συμφέρει, ὅταν μὲν ἡ ὀδύνη ἔχῃ,<sup>2</sup> χλιά-  
σματα προστιθέναι ταῦτά, ἃ καὶ τῇ πλευρίτιδι  
ὅταν δὲ ᾗ<sup>3</sup> ὁ πόνος λούειν αὐτὸν πολλῶ καὶ θερ-  
μῶ, | καὶ μελίκρητον δίδου πίνειν καὶ οἶνον λευ-  
κὸν γλυκὺν ἢ αὐστηρὸν ἢ<sup>4</sup> ὁπότερος ἂν συμφέρῃ,  
καὶ ῥυφήματα τὰ αὐτὰ καὶ ὅσα τῷ<sup>5</sup> ὑπὸ πλευρίτι-  
δος ἐαλωκότι. τῆς δὲ ὀδύνης ἕνεκα<sup>6</sup> τάδε χρὴ  
διδόναι πίνειν ἀλεκτορίδος ὡοῦ ἐφθοῦ τὸ ὠχρὸν  
τρίψας παραχέαι στρύχνου χυλοῦ ἡμικοτύλιον, καὶ  
μελίκρητον ἐπιχέαι<sup>7</sup> ἐν ὕδατι πεποιημένον ἥμισυ  
ἡμικοτυλίου, τούτοισι διεῖς δοῦναι πίνειν, καὶ  
παύσεις τὴν ὀδύνην διδόναι δὲ ἐκάστης ἡμέρης,  
τέως ἂν ἡ ὀδύνη παύσῃται· πινέτω δὲ καὶ σιλφίου  
ὅπῃ ὅσον ὄροβον<sup>8</sup> καὶ ὀρίγανον τρίβων διεῖναι οἶ-  
νω λευκῷ καὶ οὕτως πίνειν νῆστιν ἐπιπινέτω δὲ  
καὶ τὰ ἐν τῇ πλευρίτιδι διδόμενα τῆς ὀδύνης  
φάρμακα. πινέτω δὲ καὶ γάλα αἷγειον τρίτον  
μέρος μέλιτος παραμίσγων, τοῦ δὲ γάλακτος  
ἔστωσαν τέσσερες κοτύλαι· τοῦτο ἔωθεν πινέτω  
ὅταν τᾶλλα μὴ πίνῃ. σίτων δὲ ἀπεχέσθω, τέως  
ἂν κριθῇ ἡ νοῦσος· κρίνεται δὲ μάλιστα ἐν ἑπτὰ

<sup>1</sup> Θ: τε λαμβάνει M.

<sup>2</sup> M adds τά τε ἄλλα καὶ τὰ.

<sup>3</sup> ᾗ Θ:

ἀνῆ M.

<sup>4</sup> ἢ and ἢ om. M.

<sup>5</sup> τὰ . . . τῷ Potter: τὰ om. Θ:

ταῦτα ἃ καὶ ὡς M.

<sup>6</sup> ἕνεκα om. M.

<sup>7</sup> ἐπιχέαι om. M.

<sup>8</sup> M: ὄβολον Θ.

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milder. Sometimes the pain attacks sharply, and many a patient has suddenly given up the ghost.

It benefits this patient, when the pain is present, to apply the same fomentations as for pleurisy. When an attack is occurring, wash him in copious hot water, and give him melicrat to drink, sweet or dry white wine or whichever other one benefits him, and the same gruels in the same amounts as you give to a patient with pleurisy. Against the pain you must give the following to drink: mash the yolk of a boiled hen's egg, pour in a half-cotyle of nightshade juice, and add a quarter-cotyle of melicrat made with water; mix these together and give to the patient to drink; you will stop the pain; give this each day until the pain ceases. Also let the patient drink silphium juice to the amount of a vetch; also grind marjoram, soak it in white wine, and have him drink it thus in the fasting state; afterwards, let him also drink the medications given in pleurisy against pain. Also let him drink four cotylai of goat's milk to which one third part of honey has been added; let him drink this at dawn, when he is not taking the other drinks. Have the patient abstain from foods until the disease reaches its crisis; usually the crisis occurs in seven

ἡμέρησιν, ἐν<sup>1</sup> ταύτησι γὰρ ἀποδηλοῖ εἰ θανάσιμος ἢ οὐ.

Ἦν δὲ πνίγμα προσίστηται, τάδε χρὴ διδόναι, ἕως<sup>2</sup> ἂν ἀπεμέσῃ μέλι καὶ ὕδωρ, ὅξος καὶ<sup>3</sup> ἄλας, ταῦτα μίξας ἐγχέαι ἐς χυτρίδιον καινόν· εἶτα χλιαίνειν, καὶ ταράσσειν ὀριγάνου κλωνίοισι τῆς κεφαλοειδέος σὺν τῷ καρπῷ· ὅταν δὲ χλιανθῇ, ἐκπιεῖν δοῦναι<sup>4</sup>· εἶτα ἐπιβαλὼν ἱμάτια ἐὰν, περιστείλας ὅπως<sup>5</sup> ἂν ἰδρῶ μάλιστα, καὶ ὅταν ἔμετος ἔχῃ αὐτόν, ἐμείτω προθύμως καταματεύμενος τῷ πτερῷ. ἦν δὲ μὴ ἔμετος ἔχῃ,<sup>6</sup> ἐπιπιὼν μελικρήτου χλιαροῦ κύλικα δικότυλον, οὕτως ἐμείτω. καὶ ἦν τι ἀπεμέσῃ χολῆς ἢ φλέγματος αὐτὶς ταῦτα χρὴ ποιεῖν ἐπὶ τέσσερας ὥρας· ὠφελήσει γάρ.

240 Μετὰ δὲ τῆς νούσου τὴν κρίσιν μελετᾶν, σιτία διδοὺς ὀλίγα, ταῦτα δὲ καθαρὰ καὶ ἦν μὲν ἄρτον ἐσθίῃ, θερμὸν ὡς μάλιστα ἐσθιέτω· ἦν δὲ μᾶζαν, | ἄτριπτον ἐσθιέτω, πρότερον προφυρήσας. ὄψον δὲ ἐχέτω σκυλακίου ἐφθὰ ἢ πελειάδος ἢ ἀλεκτο-  
ρίδος νεοσσοῦ, χρήσθω δὲ<sup>7</sup> ἐφθοῖσι πᾶσιν ἰχθύων δὲ γαλεῶ, νάρκη, τρυγόνι καὶ βατίσι τῇσι σμικρῇσι, πᾶσιν ἐφθοῖσι. καὶ λούσθω ἐκάστης ἡμέρης, καὶ τὸ ψῦχος φυλασσέσθω, καὶ περιπατεῖτω ὀλίγα ἕως ἐν<sup>8</sup> ἀσφαλεῖ.<sup>9</sup> ταῦτα ἦν φυλάσσεται.

<sup>1</sup> ἐν om. M.

<sup>2</sup> Θ: ὅκως M.

<sup>3</sup> καὶ om. M.

<sup>4</sup> M adds

χλιερόν.

<sup>5</sup> Θ: ἕως M.

<sup>6</sup> εἰ. εἰ. Θ: ἐμέσῃ M.

<sup>7</sup> χρήσθω δὲ

om. M.

<sup>8</sup> M: ἂν Θ.

<sup>9</sup> Potter: -λη Θ: -λείη M.



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days, for in these the patient reveals whether or not he will die.

If choking comes on, you must give the following medication until the patient vomits: honey and water, vinegar and salt; mix these together and pour them into a new pot; then warm, and add twigs of the head-shaped marjoram with their seeds; when it is warm give to the patient to drink off; then cover him with blankets, wrapping him so that he will sweat heavily, and leave him. When vomiting occurs, let him vomit actively by being tickled with a feather. If vomiting does not occur, make the patient provoke it by drinking, in addition, a two-cotyle cup of warm melicrat. If he vomits up any bile or phlegm, he must do the same every four hours, for this will help.

After the disease's crisis, treat by giving fine cereals in small amounts; if the patient eats bread, let him take it very hot, if barley-cake, let it be unpounded but mixed a while before it is baked. As main dish, let him have boiled puppy, pigeon or chicken, taking all these boiled, and of fish dogfish, torpedo, sting-ray and small skates, also all boiled. Have him bathe each day, guarding against cold, and take short walks until he is in safety. If the

οὐχ ὑποτροπιάσει πάλιν ἡ νοῦσος. ἡ γὰρ νοῦσος χαλεπή καὶ χρονίη.

28. Ἄλλη ἥπατος αἱ μὲν ὀδύναι πιέζουσι κατὰ τὰ αὐτὰ κατὰ<sup>1</sup> τὸ ἥπαρ. καὶ ἡ χροίη διαφέρει τῆς πρόσθεν. σιδιοειδῆς γάρ ἐστι. τοῦ δὲ ἔτεος θέρεος μάλιστα ἡ νοῦσος ἐπιπίπτει· γίνεται δὲ μάλιστα ἐκ κρηφαγίης βοείων κρεῶν καὶ ἐξ οἰνοφλυγίης· ταῦτα γὰρ πάντα<sup>2</sup> πολεμιώτατα ταύτην τὴν ὥρην τῷ ἥπατι, καὶ χολῇ μάλιστα προσίσταται<sup>3</sup> πρὸς τὸ ἥπαρ.

Τάδε οὖν πάσχει ὀδύναι ὀξέαι ἐμπίπτουσι, καὶ οὐκ ἐκλείπουσιν οὐδεμίην ὥρην.<sup>4</sup> ἀλλ' αἰεὶ μᾶλλον ἐμπίπτουσιν.<sup>5</sup> ἔστι δ' ὅτε καὶ ἐμέει χολὴν ὠχρήν, καὶ ὅταν ἐμέσῃ, ἐπ' ὀλίγον δοκέει ῥάων εἶναι. ἦν δὲ μὴ ἀπεμέσῃ, ἐς τοὺς ὀφθαλμοὺς ἡ χολὴ καθίσταται, καὶ ὠχροὶ γίνονται σφόδρα, καὶ οἱ πόδες οἰδέουσι. ταῦτα πάσχει τότε<sup>6</sup> μὲν σφόδρα, τότε δὲ ἡσσον. ὅταν δὲ αἱ τε<sup>7</sup> ἡμέραι παρέλθωσιν ἐν ᾗσι κρίνεται τὸ νόσημα, ὃ τε πόνος ἐλάσσων ἔχῃ, ἀναμάρτητον<sup>8</sup> διαιτᾶσθαι χρὴ τῇ τοιαύτῃ διαίτῃ, ᾗ καὶ πρόσθεν ἦν γὰρ μεθυσθῇ παρὰ καιρὸν ἢ λαγνεύσῃ ἢ ἄλλο τι ποιήσῃ μὴ ἐπιτήδειον, τὸ ἥπαρ παραχρήμα γίνεται αὐτοῦ σκληρόν, καὶ οἰδέει, καὶ σφύζει ὑπὸ τῆς ὀδύνης, καὶ ἦν τι σπεύσῃ,

<sup>1</sup> Θ: ἐς M.

<sup>2</sup> πάντα om. Θ.

<sup>3</sup> Θ: χολὴν . . . προσίστησι M.

<sup>4</sup> οὐδεμίην ὥρην om. M.

<sup>5</sup> Θ: πιέζουσι M.

<sup>6</sup> Θ: ποτὲ M.

<sup>7</sup> τε om. M.

<sup>8</sup> Θ: ἦν ἀναμάρτητος ἢ M.

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person takes care in these matters, the disease will not recur. The disease is severe and lasts a long time.

28. Another disease of the liver: pains press in the same way over the liver, and the patient's colour is different from what it was before, being like pomegranate-peel. This disease attacks most often in summer, and it arises mainly from eating beef and from drunkenness; for in that season both of these are most harmful to the liver, and bile in particular assails the liver.

The patient suffers the following: sharp pains attack and, without relenting for so much as an hour, become more and more intense. Sometimes the patient vomits up pale-yellow bile, and, after he has, for a short time he seems to be better. If he does not vomit, bile settles into his eyes, which become very yellow, and his feet swell up. These things the patient suffers at one time more, at another time to a lesser degree. When the days in which this disease has its crisis arrive and the attack relents, the patient must follow strictly the regimen laid down in the preceding case; for, if he becomes drunk at an inopportune time, or engages in venery, or does anything else that is inappropriate, his liver immediately becomes hard, swells up, and throbs with pain, or if he exerts himself, he

πονέει ἑξαπίνης τὸ ἥπαρ καὶ τὸ σῶμα ἅπαν.

242 Τοῦτον, ὅταν οὕτως ἔχη, ὅταν<sup>1</sup> αἱ πρῶται  
 ἡμέραι | παρέλθωσι, πυριᾶσαι, εἶτα ὑποκαθῆραι  
 τῇ σκαμωνίῃ ἣν δὲ ἡ κοιλίη ξυγκεκαυμένη ἦ.  
 κλύσαι τοῖς αὐτοῖς, οἷσι καὶ τοὺς πρόσθεν, ὅ τι  
 ἄξει καλῶς. καὶ μετὰ τὸν κλυσμὸν ὀνείω γάλα-  
 κτι ἐφθῶ ὑποκαθῆραι ὀκτῶ κοτύλαις· μέλι δὲ  
 παραχέας διδόναι πίνειν· διδόναι δὲ καὶ τὸ αἷγι-  
 ον, τρίτον μέρος μελικρήτου παραμίσγων, τὸ ἑω-  
 θινόν, τετρακότυλον κύλικα διδόναι δὲ καὶ ἐφθού  
 τοῦ αἰγείου δύο χοέας.<sup>2</sup> τρίτον μελικρήτου παρα-  
 μίσγων, ἢ αὐτὸ μῶνον μέλι παραχέων<sup>3</sup> διδόναι  
 δὲ καὶ τὸ ἵππειον γάλα τὸν αὐτὸν τρόπον τῷ  
 ὀνείω.

Καὶ ἦν μὲν ὑπὸ τούτων μελετώμενος, ἡ νοῦσος  
 ἐξέλθῃ, ἄλις· εἰ δὲ μὴ, τάμνειν τοῦ ἀγκῶνος τοῦ  
 δεξιοῦ τὴν ἐντὸς φλέβα καὶ ἀφιέναι τοῦ αἵματος.  
 ἦν δέ σοι μὴ<sup>1</sup> δοκῇ ὀνείω γάλακτι ὑποκαθῆραι,  
 βοείου γάλακτος ὠμοῦ διδόναι δύο κοτύλας, τρί-  
 τον μελικρήτου παραμίσγων, ἑκάστης ἡμέρης ἐφ'  
 ἡμέρας δέκα· εἶτα ἄλλας δέκα, ἕκτον μέρος τοῦ  
 μελικρήτου παραμίσγων,<sup>5</sup> πίνειν διδόναι· τὸ δὲ  
 λοιπὸν αὐτὸ τὸ γάλα<sup>6</sup> διδόναι, ἕως ἂν πιανθῇ, δύο  
 κοτύλας. ἦν δὲ μὴδ' οὕτω παύηται, καῦσαι χρῆ  
 ὅταν μέγιστον τὸ ἥπαρ ἦ καὶ ἐξεστήκη μάλιστα.

<sup>1</sup> Θ: καὶ M.

<sup>2</sup> Θ: κοτύλας M.

<sup>3</sup> ἢ . . . παραχέων om. Θ.

<sup>4</sup> μὴ om. Θ.

<sup>5</sup> Θ: -χέων M.

<sup>6</sup> λ. α. τὸ γ. Θ: γ. α. τὸ λ. M.

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immediately has pain in his liver and in his whole body.

When the case is such, once the first days have passed administer a vapour-bath to the patient, and then clean him downwards with scammony; if his cavity is burnt up, employ an enema containing the same substances used in the enemas of the patients above, choosing whichever will draw well. After the enema, clean downwards with eight cotylai of boiled ass's milk: add honey and give this to drink. Also give a four-cotyle cup of goat's milk early in the morning, adding one third part of melicrat; also two choes of boiled goat's milk, adding one third-cotyle of melicrat or just plain honey; also mare's milk administered in the same manner as the ass's.

If, on being treated with these measures, the disease passes off, fine; if not, incise the inner vessel of the bend of the right arm, and draw blood. If it does not seem advisable to you to clean downwards with ass's milk, give two cotylai of uncooked cow's milk daily for ten days, adding one third-cotyle of melicrat; then give the same for another ten days with one sixth-cotyle of melicrat; from then on, give two cotylai of pure milk, until the patient becomes fat. If the disease does not come to an end thus, you must cauterize, when the liver is

πυξίνοις ἀτράκτοισι βάπτων ἐς ἔλαιον ζέον, προστιθέναι τέως ἂν δοκῇ σοι καλῶς ἔχειν καὶ κέκαυσθαι εὖ<sup>1</sup> ἢ<sup>2</sup> μύκησιν ὀκτῶ ἐσχάρας καῦσαι. ἦν γὰρ τύχης καύσας, ὑγιᾶ ποιήσεις, καὶ τὸν λοιπὸν τοῦ χρόνου ῥάων διάξει. ἦν δὲ μὴ τύχη καυθεὶς ἢ<sup>2</sup> ὑπὸ τῶν ἄλλων ὑγιῆς γενόμενος, τὸ λοιπὸν φθειρόμενος χρόνῳ<sup>3</sup> ἀποθνήσκει.

244 29. Ἄλλη ἥπατος· τὰ μὲν ἄλλα πλήθος τὰ αὐτὰ πάσχει τοῖσι δὲ<sup>4</sup> πρόσθεν ἢ δὲ χροὶή μέλαινα· τοῦ δὲ ἥπατος ὡς λογιζόμεθα ἡ χολή φλέγματος καὶ αἵματος πλησθεῖσα, διαρρήγνυται καὶ ὅταν διαρραγῇ, τάχιστα μαίνεται, καὶ ἀναΐσσει,<sup>5</sup> καὶ διαλέγεται ἀσύνετα, καὶ ὑλακτέει ὡς κύων, καὶ οἱ ὄνυχες φοινίκεοί εἰσιν αὐτοῦ, καὶ τοῖς ὀφθαλμοῖς οὐ δύναται ἀνορᾶν,<sup>6</sup> καὶ αἱ τρίχες αἱ ἐν τῇ κεφαλῇ ὄρθαι ἴστανται, καὶ πυρετὸς ὁξὺς ἐπιλαμβάνει.

Τούτῳ χρὴ προσφέρειν τὰ αὐτὰ ἃ καὶ τοῖσι πρόσθεν οἱ δὲ πολλοὶ ἀποθνήσκουσιν ἐν τῇσιν ἑνδεκα ἡμέρησι παῦροι δ' ἐκφυγγάνουσιν.

30. Σπληνὸς ἡ πρώτη<sup>7</sup> γίνεται δὲ διὰ θερμασίην τοῦ ἡλίου, χολῆς κινηθείσης, ὅταν ἐλκύσῃ ὁ σπλὴν ἐφ' ἑωυτὸν χολήν. πάσχει τάδε· πυρετὸς

<sup>1</sup> εὖ om. M.      <sup>2</sup> ἢ om. M.      <sup>3</sup> ὑγιῆς . . . χρόνῳ Θ: λοιπὸν ὑγιῆς μὴ γενόμενος, φθειρόμενος M.  
<sup>4</sup> τοῖσι δὲ Θ: τῇσι M.  
<sup>5</sup> Potter: ἂν ἐς σελ Θ: ἀγανακτεῖ M.  
<sup>6</sup> Potter: ἂν ὄρᾶν Θ: ὄρην M.  
<sup>7</sup> Potter: τῆς πρώτης ΘM (sc. περὶ).

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largest and most protuberant, with boxwood spindles; dip these in boiling oil, and apply them until you think you have accomplished what you wanted and the cautery is adequate; or burn eight eschars with mushrooms. For, if your cautery succeeds, you will make the patient well, and he will pass the time from then on more easily. But if he is neither cauterized successfully nor brought to health by any of the other treatments, he wastes away after that, and in time dies.

29. Another disease of the liver: generally this patient suffers the same things as the preceding one, except that his colour is dark, and the hepatic bile, as we infer, becomes filled with phlegm and blood, and breaks out; when this bile breaks out, the patient very soon rages, casts himself about, talks nonsense, and howls like a dog; his nails become red, he cannot look up with his eyes, the hairs of his head stand on end, and a sharp fever supervenes.

To this patient you must administer the same things as to the preceding ones; most die in eleven days; few escape.

30. First disease of the spleen: this disease arises from the heat of the sun, when bile is set in motion and the spleen draws it to itself. The patient suffers the following: sharp fevers set in at



ὀξύς ἐπιγίνεται κατ' ἀρχὰς προϊούσης δὲ τῆς νούσου ἀφίησι, πλὴν κατ' αὐτὸν τὸν σπλῆνα ταύτῃ δὲ αἰεὶ θερμὴ ἔχει. καὶ ὀδύνη ἄλλοτε καὶ ἄλλοτε ἐμπίπτει ὀξέῃ καὶ ἐς τὴν λαπάρην καὶ ἐς τὴν κοιλίην. τὰ δὲ σιτία κατ' ἀρχὰς προσίεται μὲν, διαχωρέει δὲ οὐ μάλα προϊούσης δὲ τῆς νούσου, ἥ τε χροὴ ὠχρὴ γίνεται, καὶ ὀδύνη ἰσχυρὴ ἐπιπίπτει, καὶ αἱ κληῖδες λεπτύνονται, καὶ τὰ σιτία οὐχ ὁμοίως<sup>1</sup> προσίεται ὥσπερ κατ' ἀρχάς, καὶ ἀπὸ ὀλίγου πίμπλαται. ὁ δὲ σπλῆν μέγας ἄλλοτε αὐτῆς τῆς ἡμέρης, ἄλλοτ' ἐλάσσων γίνεται.

Τοῦτον, ὅταν οὕτως ἔχη, πῖσαι ἐλλέβορον, κάτω δ' ὑποκαθῆραι Κνιδίῳ κόκκῳ ἐς ἐσπέρην δὲ μετὰ τὴν κάθαρσιν φακῆς τρυβλίον δοῦναι<sup>2</sup> ὀξυτέρης, καὶ τευτλίῳ τρυβλίον λιπαρῶν, ἄλφιτα περιπάσας. τῇ δ' ὑστεραίῃ καὶ τῇ τρίτῃ ἄρτον σμικρὸν δοῦναι ὥσῳ δὲ φακῇ χρήσθω καὶ οἶος κρέη<sup>3</sup> ἐν τῇ φακῇ ἐφθῶ τετρυμένῳ οἶνον δὲ πινέτω αὐστηρόν, μέλανα, ἀκρητέστερον κατ' ὀλίγον, καὶ ἡσυχίην ἐχέτω ταύτας τὰς ἡμέρας, πλὴν ἔνδον ὀλίγα περιπατεῖτω ἐν σκιῇ. τὸν δὲ λοιπὸν χρόνον τάδε χρὴ προσφέρεσθαι σίτων μὲν ἄρτον αὐτοπυρίτην, ὄψον δ' ἐχέτω κρέας κυνὸς μέζονος 246 ἢ οἶος ἢ αἰγὸς<sup>4</sup> τετρυμένον καὶ τάριχον Γαδει|ρι-

<sup>1</sup> ὁμοίως ΘM: Galen seems to refer to this passage in his gloss on ἀμαλῶς (Kuhn XIX. 77). <sup>2</sup> M adds ῥοφέειν.

<sup>3</sup> Θ: ὑὸς κρέας M.

<sup>4</sup> M: ὑὸς Θ.



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the outset but, as the disease advances, these abate, except at the site of the spleen itself; there heat is always present; sharp pains also attack from time to time, in both the flank and the cavity. At the beginning, the patient accepts his food, but does not pass it through very well; as the disease progresses, his colour becomes pale-yellow, violent pain besets him, his collar-bones become lean, he no longer accepts his food as he did at the beginning, but now becomes full on a little; on one and the same day the spleen is at one time large, at another time smaller.

When the case is such, have the patient drink hellebore, and clean him downwards with Cnidian berry; towards evening after the cleaning, give a bowl of quite acid lentil-soup, and a bowl of beets boiled in grease, over which meal has been sprinkled. On the second and third days, give a small loaf of bread, and let the patient employ as main dish lentil-soup with boiled ground mutton in it; let him drink dark dry wine, quite unmixed with water, a little at a time, and rest on these days except for walking a little inside in the shade. From then on, the following must be administered: of cereals let the patient have whole-wheat bread, as main dish ground meat of an adult dog, sheep or goat, and Cadiz salt-fish or saperdes; administer all

κὸν ἢ σαπέρδην. καὶ τὰ ὀξέα καὶ τ' ἄλμυρά πάν-  
τα προσφερέσθω καὶ τὰ στρυφνά· πινέτω δὲ οἶνον  
Κῶνον ὑπόστρυφνον ὡς μελάντατον. τῶν δὲ γλυ-  
κέων καὶ λιπαρῶν καὶ κνισωδέων ἀπεχέσθω, καὶ  
σίλφιον μὴ προσφερέσθω.<sup>1</sup> μηδὲ κρέας ὕειον,<sup>2</sup> μη-  
δὲ κεστρέα μηδὲ ταρίχηρον μήτε νεαρόν, μήτε  
ἔγχελυν, μήτε λάχανον μηδὲν<sup>3</sup> ἄνευ ὄξους. τρωξι-  
μων δὲ ῥαφανίδι χρήσθω καὶ σελίνῳ καὶ<sup>4</sup> ἐς ὄξος  
βάπτων καὶ οἶνῳ ἄλφιτα φυρῶν ἐσθίειν, καὶ τοῦ  
οἶνου ἐπιρυφείτω ἄκρητον ἣν δὲ βούληται, καὶ  
τὸν ἄρτον ἐς τὸν οἶνον ἐνθρυπτόμενον ἐσθιέτω  
θερμόν· διδόναι δὲ καὶ ἰχθύων σκορπίον, κόκκυγα,  
κωβίον, δράκοντα, καλλιώνυμον, τούτους ἐφθούς  
καὶ ψυχρούς.

Διδόναι δὲ καὶ ἃ μέλλει τὸν σπλήνα ἰσχναί-  
νειν<sup>5</sup> ἐκάστης ἡμέρης, ἀσφοδέλου τὸν καρπὸν, ἢ  
κισσοῦ<sup>6</sup> τὰ φύλλα, ἢ αἰγὸς κέρας, ἢ ἄγνου  
καρπὸν, ἢ πήγανον, ἢ διδυμαίου ῥίζαν· τούτων  
τρίβων ὅ τι ἂν βούλη, διδόναι ἐν οἶνου κοτύλῃ  
αὐστηροῦ νήσται. ἣν δὲ δυνατὸς ἦ, ἀνάγκα' αὐτὸν  
πρίειν ξύλα τριήκοντα ἡμέρας καὶ ἀπ' ἄκρων  
τῶν ὤμων παλαιέτω, καὶ περιπατεῖτω δι' ἡμέ-  
ρης, καὶ ὄψιος εὐδέτω, πρωῒος δ' ἐγειρέσθω, καὶ  
εὐωχεῖσθω τὰ προειρημένα. ἣν δὲ μὴ ὑπὸ τούτων

<sup>1</sup> M adds μηδὲ σκόροδα.

ἐφθόν. <sup>4</sup> καὶ om. M.

<sup>7</sup> Θ: ἀναγκάζειν M.

<sup>2</sup> Θ: χοίρειον M.

<sup>5</sup> Θ: λεπτύνειν M.

<sup>3</sup> M adds

<sup>6</sup> Θ: ἰξοῦ M.

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the acid and salty foods, and also the sour ones. Let the patient drink very dark sour Coan wine. Have him abstain from foods that are sweet, fat, and that steam like roasted meat, and do not administer silphium, pork, grey mullet either salted or fresh, eel, or any vegetable without vinegar. Of raw vegetables let the patient employ radishes and celery, dipping them in vinegar; also let him eat meal mixed with wine, and afterwards drink pure wine; if he wishes, let him eat bread warm, crumbled into wine; of fish give scorpion fish, piper, goby, weever, and star-gazer, these boiled and cold.

Give medications to strengthen the spleen daily: asphodel seeds, ivy leaves, goat's horn, chaste-tree seed, rue, or orchis root: grind whichever of these you wish, and give it in a cotyle of wine to the fasting patient. If he is able, he must saw wood for thirty days; let him also wrestle with the tips of his shoulders, take walks all through the day, go to sleep late, be awakened early, and be well fed on the things mentioned above. If the person does not

ραίῳ, καῦσαι τὸν σπλῆνα μύκησι δέκα ἐσχάρας μεγάλας,<sup>1</sup> ὅταν μέγιστος ᾗ ὁ σπλὴν καὶ ἐξηρμένος μάλιστα ἦν γὰρ τύχης καύσας,<sup>2</sup> ὑγιᾶ ποιήσεις<sup>3</sup> ἐν τάχει.

Ἡ δὲ νοῦσος δεῖται θεραπείης· χαλεπὴ γὰρ καὶ χρόνιος, ἦν μὴ παραχρῆμα μελετηθῇ.

248 31. Ἄλλη σπληνός· γίνεται μὲν ἀπὸ τῶν αὐτῶν ὧν καὶ ἡ πρόσθεν πάσχει δὲ ὑπὸ τούτου τοῦ νοσήματος τάδε. ἡ γαστήρ φυσᾶται μεγάλη,<sup>4</sup> καὶ ὁ σπλὴν οἰδέει καὶ σκληρός ἐστι, καὶ ὀδύναι ὀξεῖαι ἐμπίπτουσιν ἐς τὸν σπλῆνα. ἡ δὲ χροὶ ἡ τρέπεται<sup>5</sup> —μέλας, ἔπωχρος, σιδιοειδής—καὶ ἐκ τοῦ ὠτὸς κακὸν ὄζει, καὶ τὰ οὖλα ἀφίσταται ἀπὸ τῶν ὀδόντων καὶ κακὸν ὄζει· καὶ ἐκ τῶν κνημέων ἔλκεα ἐκρήγνυται, οἷά περ ἐπινυκτίδες· τὰ δὲ<sup>6</sup> γυῖα λεπτύνεται, καὶ ἡ κόπρος οὐ διαχωρεῖ.

Τοῦτον, ὅταν οὕτως ἔχῃ, μελετᾶν τοῖσιν αὐτοῖσι καὶ φαρμάκοις καὶ ἐδέσμασι καὶ ποτῶ καὶ τάλαιπωρήσι καὶ τοῖσιν ἄλλοις πᾶσι καὶ κλύζειν, ὅταν μὴ θέλῃ ἡ κόπρος διαχωρεῖν, τοῖσδε μέλιτος ἡμικοτύλιον καὶ λίτρου Αἰγυπτίου ὅσον ἀστράγαλον οἷός· ταῦτα τρίψας διεῖναι ἀπὸ σεύτλων ἐφθῶν ὕδατι τέσσερις κοτύλῃσιν· εἶτα τούτῳ κλύζειν. ἢ δὲ μὴ ὑπὸ τούτων ἡ νοῦσος καθίστηται, καῦσαι αὐτὸν τὸν σπλῆνα ὡς τὸν

<sup>1</sup> μεγάλας om. Θ.

<sup>2</sup> M adds ὡς δεῖ.

<sup>3</sup> M adds πλὴν

οὐκ.

<sup>4</sup> Θ: μετὰ δὲ M.

<sup>5</sup> M adds γίνεται.

<sup>6</sup> M: τότε Θ.

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improve with these measures, cauterize his spleen with fungi, making ten large eschars when the spleen is largest and most raised; for, if you succeed in your cauterization, you will quickly make him well.

The disease requires attention, for it lasts a long time and is severe if not cared for at once.

31. Another disease of the spleen: this one arises from the same things as the preceding one, but in it the patient suffers the following: his belly is puffed up large, his spleen swells and is hard, and sharp pains occupy it. His colour is altered, becoming dark and yellowish like pomegranate-peel, he smells foully from the ear, and the gums separate from his teeth and smell foully; ulcers very like epinyctides break out on his legs below the knees. The limbs become lean, and stools do not pass off.

When the case is such, treat the patient with the same medications, foods, drinks, exercises and all the rest. In addition, when stools refuse to pass off, apply the following enema: a half-cotyle of honey, and Egyptian soda to the amount of a sheep's vertebra; grind these, and mix them in four cotylai of juice boiled from beets; then administer as an enema. If the disease does not go away with these measures, cauterize the spleen itself, as in the

πρόσθεν καὶ ἦν τύχης καύσας, ὑγιᾶ ποιήσεις.

32. Ἄλλη σπληνός γίνεται μὲν τοῦ ἔτεος  
 θέρεος<sup>1</sup> ὥρῃ μάλιστα· ἡ δὲ νοῦσος γίνεται ἀπὸ  
 αἵματος, ὅταν ὁ σπλὴν ἐμπλησθῇ<sup>2</sup> αἵματος, ἐκ-  
 ρήγνυται ἐς τὴν κοιλίην. καὶ ὀδύναι ὀξέαι ἐς τὸν  
 σπλῆνα ἐμπίπτουσι καὶ ἐς τὸν τιτθὸν καὶ ἐς τὴν  
 κληΐδα καὶ ἐς τὸν ὦμον καὶ ὑπὸ τὴν ὠμοπλάτην.  
 ἡ δὲ χροιὴ τούτου<sup>3</sup> μολυβδοειδής, καὶ ἀμυχᾶς ἐν  
 τῇσι κνήμησι λαμβάνει, καὶ ἔλκεα μεγάλα γίνε-  
 ται ἐξ αὐτῶν καὶ τὰ κάτω ὑποχωρέοντα ἅμα τῇ  
 κόπρῳ<sup>4</sup> αἱματώδεα καὶ οἰνώδεα<sup>5</sup> ὑπέρχεται. ἡ δὲ  
 γαστήρ σκληρή, καὶ ὁ σπλὴν ὥσπερ λίθος. οὗτος  
 τῶν πρόσθεν θανατωδέστερος, καὶ ἐξ αὐτοῦ παῦ-  
 ροι ἐκφυγγάνουσι.

250 Τοῦτον, ὅταν οὕτως ἔχῃ, τοῖς αὐτοῖς οἷσι καὶ  
 τοὺς πρόσθεν ἰᾶσθαι,<sup>6</sup> πλὴν ἄνω φάρμακον μὴ  
 δῶς· κάτω δὲ τοῦ Κνιδίου κόκκου δοῦναι. τῆς δὲ  
 ὑστεραίης ὀνείου ἢ<sup>7</sup> ἱππείου γάλακτος δοῦναι  
 ἐφθῶ ὀκτὼ κοτύλας, μέλι παραχέας· εἰ δὲ μή,  
 αἰγείῳ ἢ βοείῳ ἐφθῶ δύο χοεῦσι μέλι παραχέων  
 παρὰ τὴν ἐτέρην κύλικα, ἐναλλάξ δὲ πίνειν<sup>8</sup> ἐς  
 ἐσπέρην δὲ διδόναι μετὰ τὴν κάθαρσιν ταῦτά αὐ

<sup>1</sup> Θ: ἔαρος M.

<sup>2</sup> M adds μάλιστα.

<sup>3</sup> Θ: τοῦ γνίου M.

<sup>4</sup> Mercurialis (Hippocratis *Con Opera quae extant*, Venice, 1588): τὸ πρῶτ' Θ: τῷ πρώτῳ M.

<sup>5</sup> Θ: ἰώδεα M.

<sup>6</sup> οἷσι . . .

ἰᾶσθαι Θ: θεράπευε οἷσι καὶ τὸν ἐμπροσθεν M.

<sup>7</sup> τῆς δὲ . . . ἢ Θ: τῇ

ὑστεραίῃ οἶνου M.

<sup>8</sup> M adds χρή.

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preceding case; if your cautery succeeds, you will bring about recovery.

32. Another disease of the spleen: this one occurs mainly in summer; it arises from the blood, when the spleen becomes filled with blood, and it breaks out into the cavity. Sharp pains befall the spleen, nipple, collar-bone, shoulder, and the region beneath the shoulder-blade. This patient's colour is leaden, and on his legs below the knees he has scratches from which large ulcers develop; what is evacuated with the stools passes off bloody and wine-coloured. The belly is hard, and the spleen is like a stone. Such a spleen is more often mortal than the preceding ones, and few patients survive it.

When the case is such, treat this patient with the same things administered to the ones above, except do not give any medication to act upwards; to act downwards give Cnidian berry. On the next day, give eight cotylai of boiled ass's or mare's milk with honey; if not that, then add honey to one of two cups containing two choes of goat's or cow's milk, and have the patient drink from these alternately; towards evening, after the cleaning, give

καὶ τῷ πρόσθεν μετὰ τὸ φάρμακον καὶ ἦν δοκέη, τοῦ αἵματος ἀφελεῖν ἀπὸ τοῦ ἀγκῶνος τοῦ ἀριστεροῦ τῆς ἐντὸς φλεβός. τὰς δὲ λοιπὰς τῶν ἡμερέων διδόναι νήστει ἐκάστης ἡμέρης βοείου γάλακτος τέσσερας κοτύλας, τρίτον μέρος ἄλμης παραμίσγων. σιτίοισι δὲ καὶ ποτοῖσι καὶ τοῖσιν ἄλλοισι τοῖς αὐτοῖσι θεραπεύειν οἷσι καὶ τοὺς πρόσθεν. ἀπέχεσθαι δὲ λαγνείης καὶ οἰνοφλυγίης καὶ τοῦτον καὶ τὸν πρόσθεν. καὶ ἦν σοι δοκέη. καῦσαι ὅταν παχύτατος ᾖ καὶ μέγιστος ὁ σπλὴν καὶ ἦν τύχης καύσας κατὰ καιρόν.<sup>1</sup> ὑγιᾶ ποιήσεις ἦν δὲ μὴ ὑπὸ ταύτης τῆς ἰήσιος ὑγιῆς γένηται, φθειρόμενος χρόνῳ θνήσκει ἢ γὰρ νοῦσος χαλεπή.

33. Ἄλλη σπληνός· προσπίπτει ἢ νοῦσος μάλιστα ἥρος<sup>2</sup> ὅταν φλέγμα ἀναλάβῃ ὁ σπλὴν ἐς ἑωυτόν, μέγας παραχρῆμα γίνεται καὶ σκληρός· εἶτα αὐτὶς καθίσταται καὶ ὅταν μὲν ἐξηρμένος ᾖ, ὀδύναι ὀξέαι ἐμπίπτουσιν· ὅταν δὲ λαπαρὸς ᾖ, ἀνώδυνός ἐστι. καὶ ὅταν χρόνος ἐγγένηται τῇ νοῦσῳ, ἀμαυροτέρῃ ἢ νοῦσος, καὶ χρόνῳ<sup>3</sup> ἐπανίσταται, καὶ ταχέως καθίσταται. οὗτος, ὅταν οὕτως ἔχῃ, κατ' ἀρχὰς τοῦ νοσήματος τὰ σιτία οὐ δύναται προσίεσθαι, καὶ καταλεπτύνεται ταχέως, καὶ ἀκρασίην ἔχει πολλήν τὸ σῶμα. τὸ δὲ νόσημα, ἦν μὴ παραχρῆμα θεραπευθῇ, αὐτόματον δὲ<sup>4</sup>

<sup>1</sup> κ. κ. Θ: τοῦ καιροῦ Μ.

<sup>2</sup> μ. ἦ. Θ: καὶ αὕτη ἔαρος μ. Μ.

<sup>3</sup> χρόνῳ om. Μ.

<sup>4</sup> Θ: ἢ αὐτόματον Μ.



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the same things you gave to the preceding patient after his medication; if it seems advisable, draw blood from the inner vessel of the bend of the left arm. On the days that follow, give daily to the fasting patient four cotylai of cow's milk to which one third part of brine has been added. Treat with the same foods, drinks, and other measures used for the patients above. Both this patient and the preceding one must abstain from venery and drunkenness. If you think it advisable, cauterize when the spleen is thickest and largest. If you succeed in cauterizing at the opportune moment, you will bring about recovery; but, if the patient does not recover with this treatment, he wastes away, and in time dies; for the disease is severe.

33. Another disease of the spleen: this one attacks mainly in spring. When the spleen takes up phlegm into itself, it immediately becomes large and hard; then it goes down again. When it is raised, sharp pains are present, but when the swelling is gone, it is free of pain. As time passes, the disease becomes less pronounced, and after a while the spleen comes to swell and subside again quickly. When the case is such, at the beginning of the disease the patient cannot accept his food; he rapidly becomes lean, and he suffers great weakness in his body. The disease, if not treated at

καταστή, διαλιπὸν πέντε μῆνας ἐξαυτῆς<sup>1</sup> ἐπανίσταται διαλαμβάνει<sup>2</sup> δὲ μάλιστα τὸν χειμῶνα.

Τοῦτον ἦν λάβης κατ' ἀρχάς, καῦσον δέκα |  
 252 ἐσχάρας ἐς τὸν σπλῆνα, καὶ εὐθὺς ὑγιᾶ ποιήσεις.  
 ἦν δὲ μὴ καύσης, τοῖς αὐτοῖσι φαρμάκοισιν ἰᾶσθαι οἷσι καὶ τοὺς πρόσθεν, καὶ ἐδέσμασι καὶ ποτοῖσι καὶ τάλαιπωρίσιν· οὕτω γὰρ ἂν τάχιστα ὑγίεια ποιήσεις. τούτου ἡ χροίη γίνεται ἔκλευκος, ἄρτι ὑπώχρος, ἄρτι<sup>3</sup> αὐχμηρή.

34. Ἄλλη σπληνός γίνεται μὲν μετοπώρου μάλιστα ἀπὸ χολῆς μελαίνης· γίνεται δὲ ἀπὸ λαχανοφαγίης τρωξίμων πολλῶν καὶ ἀπὸ ὕδρω-  
 πωσίης. πάσχει οὖν τάδε· ὅταν τὸ νόσημα λάβῃ, ἀλγέει τὸν σπλῆνα σφόδρα, καὶ ῥίγος καὶ πυρετὸς ἐπιλαμβάνει, καὶ αἰσιτίη ἔχει αὐτόν, τό τε γυῖον συμπίπτει ταχέως. ὁ δὲ σπλῆν μέγας μὲν οὐ πάνυ γίνεται, σκληρὸς δέ, καὶ προσπίπτει πρὸς<sup>1</sup> τὰ σπλάγχνα καὶ μύζει προσκείμενος.

Τοῦτον, ὅταν οὕτως ἔχῃ, τοῖσιν αὐτοῖσιν ἰᾶσθαι καὶ φαρμάκοισι καὶ βρωτοῖσι καὶ ποτοῖσι καὶ τάλαιπωρίσιν, ὥς τοὺς πρόσθεν, καὶ ἦν σοι παράσχη, καῦσαι τὸν αὐτὸν τρόπον ὥνπερ καὶ τοὺς ἄλλους. αὕτη ἡ νοῦσος τοῖς πολλοῖσιν, ἦν παραχρῆμα μελετηθῇ, ἐξέρχεται ἐν τάχει.

<sup>1</sup> Θ: ἡ ἐξ αὐτῆς Μ.

<sup>2</sup> Θ: -λαμβάνει Μ.

<sup>3</sup> Θ: καὶ Μ.

<sup>4</sup> Θ: παρα- παρὰ Μ.

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once, remits spontaneously, but, after a break of five months, recurs; the intermission occurs especially in winter.

If you take on this patient at the beginning, burn ten eschars over his spleen, and you will quickly make him well. If, however, you do not cauterize, treat with the same medications, foods, drinks and exercises used for the patients above; for with these you will most quickly bring about recovery. The patient's skin becomes quite white, sometimes slightly yellowish, sometimes parched.

34. Another disease of the spleen: this one occurs mainly in autumn from dark bile; it arises from eating many raw vegetables and from drinking water. The patient suffers the following: when the disease sets in, he has great pain in his spleen, he is subject to chills and fever, he loses his appetite, and his body rapidly becomes emaciated. The spleen does not become very large, but it is hard, and it falls against the inward parts, and rumbles as it lies there.

When the case is such, treat this patient with the same medications, foods, drinks, and exercises used for the preceding ones and, if you are able, cauterize him as you did the others. This disease passes off quickly in most patients, if they are treated immediately.

35. Ἴκτεροι τέσσερες ὅδε μὲν τοῦ θέρεος μάλιστα ἐπιλαμβάνει χολῆς κινήσεισης· ἴσταται δὲ ἡ χολή ὑπὸ τῷ δέρματι καὶ ἐν τῇ κεφαλῇ, ὥστε εὐθέως ἀλλοτροπέει<sup>2</sup> τὸ σῶμα καὶ γίνεται ὠχρὸν οἷον περ σίδιον καὶ οἱ<sup>3</sup> ὀφθαλμοὶ ὠχροί, καὶ ἐν τῇ κεφαλῇ ὑπὸ τὰς τρίχας οἷον χνοῦς ὑπέστι, καὶ ῥιγος καὶ πυρετὸς ἐπιλαμβάνει καὶ οὐρέει ὠχρὸν τὸ οὔρον, καὶ ὑφίσταται ὑπ' αὐτῷ<sup>4</sup> παχὺ ὑπωχρον. καὶ ἔωθεν, ἔστ' ἂν νῆστις ἦ, ἐς τὴν καρδίην καὶ τὰ σπλάγχνα μύζει, καὶ ὅταν τις αὐτὸν προσφθέγγηται ἢ<sup>5</sup> ἔρωτᾷ, ἀσᾷταί τε καὶ λυπεῖται, καὶ οὐκ ἀνέχεται ἀκροώμενος. ὁ δὲ ἀπόπατος προΐων  
254 ὠχρὸς<sup>6</sup> | καὶ κάκοδμος. οὗτος, ὅταν οὕτως ἔχη, θνήσκει μάλιστα ἐν τεσσερεσκαίδεκα ἡμέρησιν ἣν δὲ ταύτας ἐκφύγη, ὑγιαίνεται.

Μελετᾷν δὲ αὐτὸν τόνδε χρῆ τὸν τρόπον<sup>7</sup> ὅταν ὁ πυρετὸς ἀνῇ λούειν αὐτὸν<sup>8</sup> πολλῶ καὶ θερμῶ· πίνειν δὲ διδόναι μελίκρητον, καὶ ῥυφήμασι διαχρήσθω πτισάνης χυλῶ, μέλι παραχέων—καὶ μὴ συνεψεῖν τὸ μέλι—ἕως ἂν αἱ τεσσερεσκαίδεκα ἡμέραι παρέλθωσιν· αὗται γὰρ κρίνουσι<sup>9</sup> θανάσιμους ἢ οὔ. μετὰ δὲ ταῦτα λούσθω δις τῆς ἡμέρης, καὶ εὐωχέειν τὸ πρῶτον ὀλίγοις ἄσσα ἂν

<sup>1</sup> Θ: οὖν M.

<sup>2</sup> Θ: ἀλλοχροέει M.

<sup>3</sup> οἱ om. Θ.

<sup>4</sup> M: -ῶν Θ.

<sup>5</sup> ἦ om. Θ.

<sup>6</sup> Θ: ὠχρολέυκος M.

<sup>7</sup> αὐτὸν . . . τρόπον Θ:

χρῆ αὐτὸν ὥδε M.

<sup>8</sup> Θ: χρῆ M.

<sup>9</sup> M adds ἦν.

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35. Four jaundices: the first one occurs mainly in summer when bile is set in motion; for the bile comes to rest under the skin and in the head, so that the body rapidly changes colour and becomes yellow like pomegranate-peel. The eyes are pale-yellow, a kind of incrustation is laid down on the scalp under the hair, and chills and fever set in; the urine passed is pale-yellow, and a thick very pale-yellow sediment precipitates from it. In the early morning, before the patient has eaten, there is rumbling in his cardia and inward parts, and, when anyone addresses him or asks him a question, he is vexed and grieved, and cannot bear to listen. The stools pass off yellow and foul-smelling. When the case is such, the patient usually dies in fourteen days; if he survives that long, he recovers.

You must treat this patient as follows: when his fever remits, wash him in copious hot water, give him melicrat to drink, and have him take barley-water gruel with honey—do not boil the honey in the barley-water—until the fourteen days have passed, for this is the critical period that decides whether or not patients will die. From then on, let the patient bathe twice a day, and feed him well.

μάλιστα προσίηται, ἔπειτα μέντοι καὶ πλείω διδόναι πινέτω δὲ καὶ οἶνον λευκὸν ὡς πλεῖστον δι' ἡμέρης. καὶ ἦν σοι δοκῇ προϊόντος τοῦ χρόνου ὡχρὸς εἶναι καὶ ἀσθενής, ἔμετον αὐτὸν<sup>1</sup> κελεύειν ποιέεσθαι ἀπὸ τῶν σιτίων, ὡς ἐν τῇσι νούσοισι τῇσιν ἄνω ἔχει.

Καὶ ἦν μὲν ὑπὸ τούτων παύηται, ἄλις· εἰ δὲ μή, ἐλλέβορον πῖσαι. μετὰ δὲ τὴν κάθαρσιν ἐσπέρης<sup>2</sup> φαγέτω μᾶζαν μαλθακὴν ἢ ἄρτου τὸ ἐντός· ὄψον δ' ἐχέτω<sup>3</sup> νεοσσὸν ἀλεκτοριδὸς δῖεφθον ἐζωμευμένον κρομμύα καὶ κοριάννῳ καὶ τυρῶ καὶ ἀλὶ καὶ σησάμῳ καὶ σταφίδι λευκῇ· οἶνον δὲ πινέτω λευκόν, αὐστηρόν, ὡς παλαιότατον. τὴν δὲ κάτω κοιλίην ὑποκαθῆραι, τῇ δ' ὑστεραίῃ, χυλῶ ἀπὸ ἔρεβίνθων λευκῶν μέλι δὲ χρῆ τῷ χυλῶ παραχέαι, ἐκπιέτω δὲ δύο χοέας<sup>4</sup> τοῦ χυλοῦ.

Τῇ δὲ τρίτῃ ἀρξάμενος, ἐκάστης ἡμέρης πινέτω ὕδωρ ἀπὸ τῶνδε ἐψήσας· μορῶν<sup>5</sup> ῥίζας λεπτάς πλῆθος ὅσον τοῖσι τρισὶ δακτύλοισι περιλαβεῖν, δραχμίδα· ταύτας ἐψεῖν ἐν τρισὶ<sup>6</sup> χοεῦσιν ὕδατος, ἐψεῖν δὲ ἕως ἂν λειφθῇ τὸ ἥμισυ ἐψεῖν δὲ<sup>7</sup> καὶ ἔρεβίνθων λευκῶν χοίνικα ἐν δυσὶ χοεῦσι, καὶ τούτου λειπέτω<sup>8</sup> τὸ ἥμισυ ταῦτα ὅταν λειφθῇ, διη-

<sup>1</sup> αὐτὸν om. M.

<sup>2</sup> Θ: ἐς ἐσπέρην M.

<sup>3</sup> Θ: ἐσθιέτω M.

<sup>4</sup> Θ: κοτύλας M.

<sup>5</sup> Θ: μαράθου M.

<sup>6</sup> Θ: δύο M.

<sup>7</sup> ἐψεῖν δὲ om. M.

<sup>8</sup> Θ: δὲ πιέτω M.

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first on small amounts of whatever he is most willing to accept, and then, of course, give him more; let him also drink white wine in large amounts, all through the day. If, after a time has passed, you find he is pale-yellow and weak, order him to provoke vomiting by means of foods, as was done in the diseases above.

If, with these measures, the disease goes away, fine; if not, have the patient drink hellebore. After the cleaning, in the evening let him eat soft barley-cake or the inner part of a loaf of bread, have as main dish chicken well-boiled into a soup with onion, coriander, cheese, salt, sesame and white raisins, and drink a very old dry white wine. On the following day, clean the lower cavity downwards with juice from white chick-peas; you must add honey to the juice, and let the patient drink two choes of it.

Beginning on the third day, let the patient each day drink water boiled from the following: boil a pinch (the amount you take with three fingers) of peeled roots of mulberry trees in three choes of water until half is left; also boil a choenix of white chick-peas in two choes of water until half is left; when these amounts remain, strain, expose them

256 θήσας ἐξαιθριάσαι, καὶ<sup>1</sup> ἀμφότερα μίξας, τούτῳ  
 τῷ ὕδατι καὶ τὸν οἶνον κινᾶς πινέτω | καὶ αὐτὸ  
 τὸ ὕδωρ ψιλόν, ἣν βούληται, πινέτω ὡς πλεῖ-  
 στον, καὶ ἄλλο ὕδωρ μὴ πινέτω. ἣν δὲ τοῦτο μὲν  
 τὸ ποτὸν μὴ προσίηται, τόδε αὐτῷ σκευάσας δι-  
 δόναι λευκῶν ἰσχάδων χοίνικα ἐψήσας ἐν δυσὶ  
 χοεῦσι διηθῆσαι καὶ ἐξαιθριάσαι· ἔπειτα τοῦτο τὸ  
 ὕδωρ πινέτω, ἣν τε αὐτὸ ψιλόν βούληται, ἣν τε  
 σὺν τῷ οἴνῳ κινᾶς· πινέτω δὲ μὴ πολὺ μηδὲ  
 ἀθρόον, ἀλλὰ κατὰ ἡμικοτύλιον, ὅπως ἂν μὴ  
 διάρροια ἐπιγένηται<sup>2</sup> καὶ διαλιπὼν χρόνον ὀλίγον  
 πινέτω. ἀγαθὰ δὲ καὶ τάδε διδόναι πίνειν νήσται  
 ἐκάστης ἡμέρης· τρίβοντα λεῖα καὶ διέντα κοτύ-  
 λην οἶνου παλαιοῦ λευκοῦ, σελίνου καρπὸν, σικύου  
 σπέρμα, μαράθου καρπὸν, Αἰθιοπικὸν κύμινον,  
 ἀδιάντον, κόριν τὴν ποίην, ἀσταφίδα τὴν λευκὴν·  
 ταῦτα πίνων καὶ ἐκεῖνα, τάχιστα ὑγιῆς ἔσται.

36. Ἄλλος ἵκτερος ἐπιλαμβάνει χειμῶνος  
 ὥρη<sup>3</sup> ἐκ μέθης καὶ ῥίγεος· ἄρχεται δὲ πρῶτον μὲν  
 τὸ ῥίγος ἐπιλαμβάνειν, εἶτα ὁ πυρετός· τὸ δὲ  
 ὑγρὸν ἐν τῷ σώματι τὸ ὑπὸ τῷ δέρματι πηγνυται  
 ἅμα τῷ αἵματι<sup>4</sup> τοῖσδε δὲ ἀποδηλοῖ ὡς οὕτως  
 ἔχει πελιδνόν ἐστιν αὐτοῦ τὸ σῶμα καὶ ὑπόσκλη-  
 ρον, καὶ αἱ φλέβες διὰ τοῦ σώματος τέτανται  
 ὠχραὶ καὶ<sup>5</sup> μείζονες ἢ πρόσθεν καὶ παχύτεραι·

<sup>1</sup> καὶ om. Θ.

<sup>2</sup> M adds αὐτῷ.

<sup>3</sup> Θ: -ην M.

<sup>4</sup> Θ: σώμ- M.

<sup>5</sup> M adds εἰσὶ.



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to the open air, mix them together, and let the patient mix his wine with this water, and drink it; also let him drink just the water alone, if he wishes, in copious amounts, but no other water. If he will not accept this beverage, prepare the following one, and give it to him: boil a choenix of dried white figs in two choes of water, strain, and expose to the open air; then let the patient drink this water, either just by itself, or mixed with his wine, whichever he prefers. Let him drink neither a large amount, nor too quickly, but a half-cotyle at a time, in order that diarrhoea does not come on; then, leaving a short space of time, let him drink again. The following is also good to give to the fasting patient to drink each day: grind fine and soak in a cotyle of old white wine: celery seed, cucumber seed, fennel seed, Ethiopian cummin, maiden-hair, hypericum herb, and white raisins. If the patient drinks this and the beverages mentioned above, he will recover very quickly.

36. Another jaundice: this one comes on in winter from drunkenness and chills. At the beginning, first chills set in, then fever. The subcutaneous moisture in the patient's body congeals with the blood, as is clear from the following: the body is livid and somewhat hard, and the vessels through it are stretched, pale-yellow, larger than they were

τέτανται δὲ καὶ<sup>1</sup> ὑπομελάντεται<sup>2</sup> ἄλλαι φλέβες. καὶ ἥν τάμῃς τινὰ αὐτῶν, ρεύσεται τὸ αἷμα ὠχρόν, ἥν ὠχραὶ ἔωσιν αἱ φλέβες· ἥν δὲ μέλαιναὶ ὦσι, μέλαν τὸ αἷμα ρεύσεται. καὶ τὸ ἱμάτιον πρὸς τῷ χρωτὶ κείμενον οὐκ ἀνέχεται ὑπὸ τοῦ  
 258 κνησμοῦ· οὗτος πρόθυμος | περιφοιτᾷν.<sup>3</sup> ἀλλ' ὑπὸ τῆς ἀσθενείης αὐτοῦ τὰ σκέλεα ὑποφέρεται καὶ διψῇ σφόδρα. αὕτη ἡ νοῦσος ἥσσον τῆς προτέρης θανασίμῃ προέρχεται δὲ πλείω χρόνον, ἥν μὴ ἐν τῇσιν ἑπτὰ ἡμέρησιν ὑγιῆς γένηται. ἥν δὲ ἡ νοῦσος ἀπομηκύνηται καὶ γένηται ὄγδοος ἢ ἑνα-  
 τος μείς, πίπτει<sup>4</sup> ἐς κλίνην.<sup>5</sup> καὶ ἡ νοῦσος καὶ ἡ ἀλγηδὼν πιέζει μᾶλλον, καὶ ἀνίστασθαι οὐ δύνα-  
 ται, καὶ οἱ πολλοὶ ἐν τούτῳ τῷ χρόνῳ παραχρῆμα διαφθείρονται.

Τοῦτον, ὅταν οὕτως ἔχῃ, κατ' ἀρχὰς μὲν τῇ νοούσῳ<sup>6</sup> ἥν παραγένῃ, ὅταν αἱ ἑπτὰ ἡμέραι παρέλθωσιν, ἐλλέβορον πῖσαι, τὴν δὲ κάτω κοι-  
 λίην χυλῷ ὑποκαθῆραι, ὥς ἐν τῇ πρόσθεν καὶ τᾶλλα τὰ αὐτὰ διδόναι φάρμακα. διδόναι δὲ καὶ κανθαρίδας, ἄνευ τῶν πτερῶν καὶ τῆς κεφαλῆς, τέσσερας τρίβων καὶ διεῖς οἴνου<sup>7</sup> ἡμικοτυλίῳ λευ-  
 κοῦ,<sup>8</sup> ἥδη καὶ μέλι παραχέαι ὀλίγον, εἴτα οὕτως

<sup>1</sup> δὲ καὶ Θ: τε M.<sup>2</sup> M adds καὶ.<sup>3</sup> Θ: πρὸς τὸ φοιτῆν M.<sup>4</sup> μ. π. Θ: συμπίπτει M.<sup>5</sup> Θ: νοῦσον M.<sup>6</sup> Θ: τῆς νούσου M.<sup>7</sup> Θ: -ω M.<sup>8</sup> Potter: -ω ΘM.

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before, and wider; other vessels are stretched and more darkish; if you incise one of the vessels, pale-yellow blood will flow out if the vessel was pale-yellow; if it was dark, dark blood will flow out. The patient will not tolerate a blanket lying against his skin, for the itching; he is eager to walk about but, because of his weakness, his legs collapse under him; he is very thirsty. This disease is less often mortal than the preceding one but, unless the patient recovers in seven days, it goes on for a longer time. If the disease becomes prolonged, and the eighth or ninth month arrives, the patient falls into bed, the disease and the pain press him more intensely, and he is unable to get up; many suddenly perish at this time.

When the case is such, if you attend the disease at its beginning, after seven days have passed have the patient drink hellebore, and clean out his lower cavity with juice as in the preceding diseases; give the rest of the same medications. Give blister-beetles, too, with their wings and heads removed: grind four, dissolve in a half-cotyle of white wine, immediately add a little honey, and give thus to

διδόναι πιεῖν τοῦτο πινέτω δις ἢ τρίς τῆς ἡμέρης. προϊούσης δὲ τῆς νούσου λουτροῖσι καὶ πυριήμασι θεραπεύειν. ἐσθιέτω δὲ ἄσσα ἂν προσίηται οἶνον δὲ πινέτω λευκόν, αὐστηρόν καὶ τᾶλλα τὰ αὐτὰ προσφέρειν ἅ καὶ τῷ πρόσθεν. αὕτη ἡ νοῦσος χρονίη καὶ χαλεπή. ἦν κατ' ἀρχὰς μὴ μελετηθῇ.

37. Ἄλλος ἵκτερος ἐπιδήμιος καλέεται, διότι πᾶσαν ὥρην ἐπιλαμβάνει γίνεται δὲ ἀπὸ πλησμονῆς μάλιστα καὶ μέθης ἐπειδὰν ῥιγώσῃ. εὐθύς οὖν τὸ σῶμα ἀλλοιοτροπείῃ καὶ γίνεται ὠχρόν, καὶ οἱ ὀφθαλμοὶ σφόδρα ὠχροί, καὶ ὑπὸ τὰς τρίχας καὶ ὑπὸ τοὺς ὄνυχας ἡ νοῦσος προέρχεται.<sup>1</sup> καὶ ῥίγος καὶ πυρετὸς βληχρὸς ἔχει, καὶ ἀσθενέει<sup>2</sup> τὸ σῶμα, καὶ ἐν τῇ κεφαλῇ<sup>3</sup> ὀδύνη ἔχει, καὶ οὐρέει ὠχρόν καὶ παχύ. οὗτος ὁ ἵκτερος ἥσσον θανατώδης τῶν πρόσθεν, καὶ ἐξέρχεται μελετώμενος ἐν τάχει.

260 Τοῦτον, ὅταν οὕτως ἔχῃ, σχάζειν αὐτοῦ τοὺς ἀγκῶνας καὶ ἀφαιρέειν τοῦ αἵματος, ἔπειτα πυ|ριάσας πῖσαι ἐλατήριον κάτω δὲ αὐτὶς ὑποκαθῆναι τῇ τρίτῃ ὀνείῳ γάλακτι τὰ δ' ἄλλα ῥυφήματα καὶ ποτὰ καὶ ἐδέσματα ταῦτά διδόναι ἅ καὶ τῷ πρόσθεν, καὶ καθαίρειν τὴν κεφαλὴν αὐτοῦ θαμινά. καὶ ἀπὸ χαραδριοῦ<sup>4</sup> πίνειν, καὶ λούειν

<sup>1</sup> Θ: ἐπ- Μ.

<sup>2</sup> Later mss: -νείη ΘΜ.

<sup>3</sup> Θ adds ἡ.

<sup>4</sup> Θ: χαλαρίου Μ.

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drink; let the patient drink this potion two or three times a day. As the disease progresses, treat with baths and vapour-baths. Let the patient eat whatever he will accept, and drink dry white wine; otherwise administer the same things as to the preceding patient. This disease lasts a long time and is severe if it is not cared for at the beginning.

37. Another jaundice: this one is called "common", because it occurs in every season; it arises mainly from fullness or drunkenness, when a person has a chill. At once, then, the body changes colour and becomes yellow, the eyes intensely so, and the disease invades beneath the hair and nails. Chills and mild fever are present, the body is weak, there is pain in the head, and the patient passes thick pale-yellow urine. This jaundice is less mortal than the preceding ones and, if treated promptly, it passes off.

When the case is such, incise the bends of the patient's arms, and draw blood; then apply a vapour-bath, and have him drink squirting-cucumber juice; clean him downwards again on the third day with ass's milk; otherwise give the same gruels, drinks and foods as to the preceding patient, and clean out the head frequently. Have the patient drink soup made from plover, and wash

αὐτὸν πολλῶ καὶ θερμῶ, καὶ ξύων τοῦ χαραδριοῦ<sup>1</sup> τὴν σάρκα ἐν οἴνῳ λευκῶ διδόναι· καὶ ἐς τὰ ἄλλα πάντα αὐτῷ χρήσθω, καὶ ἐν τάχει ὑγιῆς ἔσται.

38. Ἄλλος ἵκτερος γίνεται μὲν ἀπὸ φλέγμα-  
τος, τῆς δὲ ὥρης χειμῶνος μάλιστα ἐπιλαμβάνει.  
καὶ ἡ χροὴ αὐτοῦ λευκή, καὶ τὰ στήθη αὐτοῦ  
πλήρη γίνεται φλέγματος· καὶ ἀποπτύει τὸ σίε-  
λον πολύ.<sup>2</sup> καὶ ὅταν ἀποχρέμψῃται, λυγμὸς αὐτῷ  
ἐμπίπτει<sup>3</sup> καὶ οὐρέει λευκὸν καὶ παχύ, καὶ ἐπ’  
αὐτῷ ἐφίσταται<sup>4</sup> οἶον ἄλευρον. οὗτος ὁ ἵκτερος  
ἥκιστα θανάσιμος καὶ ἐν τάχει ὑγιαίνεται.

Τοῦτον, ὅταν οὕτως ἔχῃ, πῖσαι Κνίδιον κόκ-  
κον, καὶ μετὰ τὴν κάθαρσιν πτισάνης χυλῷ μέλι  
παραχέας, δοῦναι ἐκρυφεῖν τέσσερας κοτύλας.  
τὴν δὲ ἄνω κοιλίην ἐμετοποιεῦμενος καθαρὴν<sup>5</sup>  
παρεχέτω ὥς ἐν τοῖσι πρόσθεν οὕτως γὰρ ἂν  
ῥᾶστα τὸ φλέγμα ἀνάγοι ἀπὸ<sup>6</sup> τοῦ πλεύμονος  
καὶ τῶν ἀρτηρίων. καὶ ἀναγαργαρισμὸν δὲ αὐτῷ  
σκευάζειν θαμινά. οὗτος ἐνίοτε καὶ πυρεταίνει  
πυρετῷ βληχρῷ, καὶ φρίκη λεπτὴ ἐπιγίνεται.  
καὶ τὰλλα μελετᾶν τοῖσιν αὐτοῖσιν οἷσι καὶ τοὺς  
πρώτους<sup>7</sup> ἱκτέρους, καὶ φαρμάκοισι καὶ πυρίησι  
καὶ λουτροῖσι καὶ ἐδέσμασι καὶ ποτοῖσι καὶ ῥυφή-  
μασιν· οὕτω γὰρ ἂν τάχιστα<sup>8</sup> ὑγίεια ποιήσῃται.

<sup>1</sup> ξ. τ. χ. Mack: χτωνίου χαραδριοῦ Θ: ξύων M.

<sup>2</sup> πολὺ om. M.

<sup>3</sup> Θ: γίνεται M.

<sup>4</sup> Θ: ὑπ’ α. ὑφ- M.

<sup>5</sup> Θ: -αρσιν M.

<sup>6</sup> Θ:

ἀπαγάγοι M.

<sup>7</sup> Θ: πρόσθεν M.

<sup>8</sup> Θ: μάλιστα M.

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him in copious hot water; also shred plover fresh into white wine, and give this. For the rest, let the patient follow the same regimen; he will soon recover.

38. Another jaundice: this one arises from phlegm and occurs mainly in winter. The patient's colour becomes white, and his chest fills up with phlegm; he expectorates copious sputum and, as he is coughing it up, he suffers from an attack of hiccups; he passes thick white urine, and material like meal rises to its surface. This jaundice is not very often mortal, and the patient recovers quickly.

When the case is such, have the patient drink Cnidian berry; after the cleaning, give him four cotylai of barley-water gruel with honey, to drink off. Let him clean out his upper cavity by provoking vomiting as in the preceding cases; for thus will he most easily bring up the phlegm from his lung and bronchial tubes. Prepare frequent gargles for him. This patient is sometimes mildly feverish and subject to light shivering. For the rest, treat with the same things used in the former jaundices: medications, vapour-baths, baths, foods, drinks and gruels; in this way you will very quickly make the patient well.

39. Τίφος· τὸ νόσημα ἐπιλαμβάνει θέρεος  
 ὥρη, ὅταν ὁ κύων τὸ ἄστρον ἐπιτέλλῃ, χολῆς κινη-  
 262 θείσης κατὰ τὸ σῶμα. εὐθέως οὖν πυρε|τοὶ ἔχου-  
 σιν ἰσχυροὶ καὶ καῦμα ὀξύ, καὶ ὑπὸ τοῦ βάρεος  
 ἀσθενεΐη καὶ ἀκρησίη τῶν μελέων,<sup>1</sup> καὶ ἐκ τῶν  
 χειρῶν ἄχρειος<sup>2</sup> γίνεται μάλιστα. καὶ ἡ γαστήρ  
 ταράσσεται, καὶ τὰ ὑποχωρεῦντα δυσώδεα, καὶ  
 ἰσχυρὸς στρόφος γίνεται. ταῦτά τε πάσχει, καὶ  
 ἦν τις ἀνιστῇ αὐτόν, οὐ δύναται ὀρθοῦσθαι· οὐδὲ  
 τοῖσιν ὀφθαλμοῖσιν ἀνορᾶν δύναται ὑπὸ τοῦ  
 καύματος· καὶ ἦν τις αὐτὸν ἐρωτᾷ τι,<sup>3</sup> ὑπὸ τοῦ  
 πόνου ἀκούων οὐ δύναται ὑποκρίνεσθαι. ὅταν δὲ  
 μέλλῃ ἀποθανεῖσθαι ὀξύ<sup>4</sup> τε ὄρᾳ καὶ φθέγγεται  
 θαρσαλέως, καὶ πιεῖν καὶ φαγεῖν αἰτέει· καὶ ἦν δῶ  
 τις καὶ φάγῃ, ἐν τάχει ἀφῆκε<sup>5</sup> τὴν ψυχὴν ἦν μὴ  
 ἀπεμέσῃ. τούτῳ ἡ νοῦσος κρίνεται ἐν ἑπτὰ ἡμέ-  
 ρησιν ἢ τεσσσερεσκαίδεκα· πολλοὶ δὲ διαφεύγουσι  
 καὶ ἐς τὰς τέσσερας καὶ εἴκοσιν ἦν οὖν ταύτας  
 ἐκφύγῃ, ὑγιῆς ἐστίν, ἐν γὰρ ταύτῃσι τῇσιν ἡμέ-  
 ρησι διαδηλοῖ εἰ θανάσιμος ἢ οὔ.

Τοῦτον, ὅταν οὕτως ἔχῃ, ὧδε ἰᾶσθαι· ἐν τῇσι  
 πρώτῃσι τῶν ἡμερέων λουτροῦ μὲν ἀπέχειν,  
 ἀλείφειν δὲ οἴνω καὶ ἐλαίῳ χλιήνας ἐς κοίτην.  
 καὶ σιτίων ἀπέχειν, ῥυφήματα δὲ λεπτὰ ἀποψύ-

<sup>1</sup> Θ: σκελέων M.

<sup>2</sup> ἐκ . . . ἄχρειος Θ: τῶν χ. ἀχρεῖα γὰρ M.

<sup>3</sup> τι om. M.

<sup>4</sup> Θ: ὀξύτερά M.

<sup>5</sup> Θ: μεθῇ καὶ M.



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39. Typhus: this disease comes on in summer, when the Dog Star rises,<sup>1</sup> because of bile being set in motion through the body. At once, then, sharp burning heat and powerful fevers set in; there are weakness and loss of control in the limbs because of heaviness, and the patient becomes especially helpless in his arms. The belly is set in motion, the stools are foul-smelling, and there is violent colic. The patient also suffers the following: if anyone makes him stand up, he is not able to stand straight; nor can he look up with his eyes, on account of the burning heat; if anyone asks him a question, although he hears, on account of his distress he cannot reply. When the patient is on the verge of death, he sees keenly, talks confidently, and demands something to drink and eat; if anyone gives it to him, and he eats it, he soon gives up the ghost, unless he vomits. The disease reaches its crisis in this patient in seven or fourteen days, but many patients survive for twenty-four days; now, if they live beyond those, they have recovered, for that is the critical period within which a patient shows whether or not he will die.

When the case is such, treat the patient as follows: on the first days do not allow him to bathe, but anoint him at bedtime with warm wine and oil. Keep him away from food, but give thin chilled

<sup>1</sup> High summer.

264 χων διδόναι· πινέτω δὲ οἶνον μέλανα, αὐστηρόν, ἣν συμφέρῃ ἣν δὲ μή.<sup>1</sup> λευκόν, αὐστηρόν, ὕδαρέστερον. ἣν δὲ ἡ δίψα πιέζῃ ἰσχυρή, τοῦ ὕδατος ἀθρόον διδοὺς πιεῖν, κέλευε ἐξεμέειν ταῦτα δις ἢ τρίς ἐφεξῆς ποιῆσαι. καὶ ὅταν τὸ καῦμα ἔχῃ, ῥάκεα βάπτων ὕδατι ψυχρῷ προστιθέναι, ἥ ἂν<sup>2</sup> μάλιστα δοκῇ<sup>3</sup> καίεσθαι ἣν δὲ φρίξῃ τὸ σῶμα, ἀνιέναι τὰ ψύγματα. οὗτος ὅταν μάλιστα πονέῃ, ὑπὸ τῆς ὀδύνης κινδυνεύσει τότε ἀφεῖναι τὴν ψυχὴν ἀλλὰ διδόναι<sup>4</sup> αὐτῷ τῆς ὀδύνης τὰ | φάρμακα ταῦτα ἃ καὶ τῷ ὑπὸ τῆς πλευρίτιδος ἐχομένῳ. ὅταν δὲ ἐξαναστῇ, ἀνακομίζειν σίτῳ καὶ ποτῷ καὶ λουτροῖσιν ὥς τάχιστα ἢ γὰρ νοῦσος χαλεπή, καὶ παῦροι ἐκφυγάνουσιν.

40. Ἄλλος τῖφος ἐπιλαμβάνει μὲν τὸ νόσημα πᾶσαν ὥρην· γίνεται δὲ δι' ὑγρασίην τοῦ σώματος. ὅταν τὰ σιτία ὑγρὰ ἔοντα καὶ τὸ ποτὸν πολὺ αἱ σάρκες ἀναπίωσι καὶ θαλεραὶ<sup>5</sup> γένωνται ἀπὸ τούτων μάλιστα τὸ νόσημα γίνεται. ἄρχεται οὖν πυρετὸς τριταῖος ἢ τεταρταῖος κατ' ἀρχὰς γινόμενος καὶ πόνος ἰσχυρὸς ἐν τῇ κεφαλῇ ἐνέστηκεν, ἐνίοτε δὲ καὶ ἐν τῷ σώματι καὶ διαλείπει.<sup>6</sup> καὶ ἐμέει σίαλα, καὶ ἐρεύγεται πυκινά, καὶ τὰς χώρας τῶν ὀφθαλμῶν ἀλγέει καὶ τὸ πρόσωπον

<sup>1</sup> M adds ἀλλὰ.

<sup>2</sup> ἥ ἂν Cornarius: ἐπὶ ἣν Θ: ἣν M.

<sup>3</sup> Θ: φῆ M.

<sup>4</sup> M adds χρῇ.

<sup>5</sup> Θ: πλαδαραὶ M.

<sup>6</sup> καὶ δ. Θ: διαλείπων M.

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gruels; let him drink dry dark wine, if it benefits him; if this wine does not benefit him, let him drink very dilute dry white. If a violent thirst presses the patient, give him water to drink frequently, and order him to vomit it up; do this two or three times in a row. When burning heat is present, dip rags in cold water and apply them wherever the burning seems to be most intense; if the body shivers, though, remove the cold compresses. When this patient is suffering most severely, he will be in danger of dying from the pain; in order to prevent this, give him the same medications against pain as to a patient with pleurisy. Once the patient has got up, strengthen him very quickly with food, drink and baths; for the disease is severe, and few escape it.

40. Another typhus: this disease occurs in every season; it arises from moistness of the body, when the tissues soak up foods that are moist and drink that is excessive, and become stout; it is from these things that the condition usually arises. Fever begins, then, as a tertian or a quartan; intense pain establishes itself in the head, and is sometimes also present intermittently in the body. The patient vomits sputa, belches frequently, and has pain in the sockets of his eyes; his face becomes white, and

ἀφύει, καὶ ἐς τοὺς πόδας οἶδημα κατέρχεται ἐνί-  
 οτε δὲ καὶ τὸ σῶμα ὅλον ἐποιδέει. καὶ ἐς τὰ στή-  
 θεα καὶ ἐς τὸ μετάφρενον ἡ ὀδύνη ἔχει ἐνίοτε δὲ<sup>1</sup>  
 καὶ ἡ γαστήρ τετάρακται. καὶ τοῖσιν ὀφθαλμοῖ-  
 σιν ἐξορᾷ ἰσχυρῶς καὶ τὸ σιάλον ἀποπτύει πολὺ  
 καὶ ἀφρῶδες, καὶ ἐν τῇ φάρυγγι δοκέει τι<sup>2</sup> ἐνέχε-  
 σθαι καὶ κέρχνην αὐτήν, πολλάκις δὲ καὶ φλε-  
 γμαίνει ὁ φάρυγξ. τοῦτον ὅταν οὕτως<sup>3</sup> ὁ πόνος  
 πιέζῃ, ἔστι δ' ὅτε καὶ ὀρθοπνοίῃ ἰσχυρὴ ἐπι-  
 πίπτει, καὶ πολλάκις ἐξαπίνης ὑπὸ τοῦ πόνου τὴν  
 ψυχὴν ἀφῆκεν ἐν ἑπτὰ ἡμέρησιν ἢ τεσσερεσκαί-  
 δεκα· πολλοὶ δὲ διαφεύγουσι<sup>4</sup> καὶ ἐς τὰς εἰκοσι-  
 τέσσερας. πολλάκις δὲ ἐξαπίνης ἡ νοῦσος ἀφῆ-  
 κε,<sup>5</sup> καὶ δοκέει ὑγιῆς εἶναι· ἀλλὰ φυλάσσεσθαι  
 χρή, ἕως ἂν τέσσερες καὶ εἴκοσιν ἡμέραι παρέλ-  
 θωσιν· ἣν δὲ ταύτας φύγῃ, οὐ μάλα θνήσκει.

266 Τοῦτον, ὅταν οὕτως ἔχῃ, ἐν τῇσι πρώτῃσι τῶν  
 ἡμερέων | ῥύφημα διδόναι ἄλευρον<sup>6</sup> κάθεφθον  
 λεπτόν, μέλι παραχέων· πίνειν δὲ διδόναι μέλανα  
 οἶνον κατ' ὀλίγον, ὅπως ἂν βούληται κεκρημένον·  
 σιτία δὲ μὴ προσφερέσθω,<sup>7</sup> πρὶν ἂν αἱ<sup>8</sup> ἡμέραι  
 παρέλθωσι· πουλύποδας δὲ ἐφθoὺς διδόναι ἐν οἴνῳ  
 ἐσθίειν, καὶ τὸν ζωμὸν ῥυφάνειν καὶ ῥαφανίδας  
 τρωγέτω<sup>9</sup> πολλὰς. καὶ καρδάμου καρπὸν φώξας.

<sup>1</sup> ἡ ὀδύνη . . . δὲ Θ: ἐνίοτε δὲ καὶ ἡ ὀδύνη ἔχει M.

<sup>2</sup> τι om. M.

<sup>3</sup> Θ adds ἔχῃ.

<sup>4</sup> Θ: -φέρουσι M.

<sup>5</sup> Θ: ἀν- M.

<sup>6</sup> Θ:

ἄλγητον M.

<sup>7</sup> Θ: -φέρειν M.

<sup>8</sup> αἱ om. Θ.

<sup>9</sup> Θ: -ειν M.

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his feet swell up; sometimes his whole body swells up, too. Pain occupies the chest and back; sometimes the belly is set in motion. The patient protrudes his eyes greatly; he coughs up copious frothy sputum, something seems to be caught in his throat and to make it hoarse, and often his throat swells up, too. When pain is pressing the patient like this, sometimes severe orthopnoea comes on, and often, under the strain, a patient has suddenly given up the ghost in seven or fourteen days; but many survive for twenty-four. Often the disease suddenly resolves, and the patient seems to have recovered; still, he must take care until twenty-four days have passed; if he escapes those, death is rare.

When the case is such, in the first days give the patient as gruel thin boiled-down meal with honey; to drink give him dark wine, a little at a time, mixed however he wishes; let him not take cereals until the critical days have passed, but give him polyp boiled in wine to eat, and the sauce to drink; let him eat many radishes. Also, roast cress seed,

ἀλέσαι καὶ σῆσαι λεπτά· ἔπειτα ἐπ'<sup>1</sup> οἶνον ἐπι-  
βαλὼν μέλανα στρυφνὸν καὶ ἄλφιτα λεπτὰ ὀλίγα,  
διδόναι πίνειν ἕωθεν. λουτροῦ δὲ ἀπεχέσθω μέχρι  
ἂν αἱ ἡμέραι παρέλθωσιν· οἶνω δὲ καὶ ἐλαίῳ  
χλιήνας ἀλείφειν ἐς κοίτην, καὶ ἐκμάσσειν. καὶ  
γλυκυσιδῆς καρποῦ δέκα κόκκους ἐψῶν ἐν οἶνω  
μέλανι, διδόναι πίνειν καὶ γογγυλίδας διέφθους  
ποιέων ῥυφανέτω<sup>2</sup> ἀρτύσας τυρῶ ἀνάλτω καὶ  
μήκωνι καὶ ἐλαίῳ καὶ ἁλὶ καὶ σιλφίῳ καὶ ὄξει.  
ἣν δὲ βούλῃ πῖσαι φάρμακον, τοῦ Κνιδίου κόκκου  
πῖσαι καὶ μετὰ τὴν κάθαρσιν ἀλεύρου ἐφθοῦ καὶ  
λιπαροῦ δοῦναι δύο τρυβλία ἐκρυφεῖν· οἶνον δὲ  
πινέτω τὸν αὐτόν. τούτων<sup>3</sup> τῶν φαρμάκων καὶ  
ῥυφημάτων καὶ ποτῶν ὃ τι ἂν διδῶς ὀνήσεις, ἣν  
τε κατὰ ἓν ἦν τε καὶ<sup>4</sup> πλείῳ προσφέρῃς, καὶ  
τάχιστα ὑγιᾶ ποιήσεις. ἡ δὲ νοῦσος χαλεπή, καὶ  
παῦροι ἐκφυγγάνουσι.

41. Ἄλλος τῖφος γίνεται μὲν διὰ τάδε· ὅταν  
ἡ χολὴ σαπείσῃ μιγῇ τῷ αἵματι ἀνὰ τὰς φλέβας  
καὶ τὰ ἄρθρα, καὶ<sup>5</sup> ὅταν στῇ, οἰδημα ἀνίσταται<sup>6</sup>  
μάλιστα μὲν ἐν τοῖσιν ἄρθροισι καὶ<sup>7</sup> καταστηρίζει,  
ἐνίοτε δὲ<sup>8</sup> καὶ ἐς τὸ ἄλλο σῶμα. καὶ ὀδύνας  
παρέχει ὀξείας, καὶ οἱ πολλοὶ ἐκ ταύτης τῆς νό-  
σου χωλοὶ γίνονται ὅταν ἀποληφθεῖσα ἐν τοῖσιν

<sup>1</sup> ἐπ' Θ: πινέτω Μ.

καὶ Μ.

σταται Μ.

<sup>4</sup> Θ: κατὰ Μ.

<sup>7</sup> καὶ om. Μ.

<sup>2</sup> M adds τοῦ χυμοῦ.

<sup>5</sup> καὶ om. Μ.

<sup>8</sup> Θ: δ. ε. Μ.

<sup>3</sup> Littré: -ω Θ:

<sup>6</sup> Θ: τὸ αἷμα ἐνί-

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grind and sift it fine, sprinkle it over sour dark wine along with a little fine meal, and give to drink early in the morning. Let the patient abstain from the bath until the critical days have passed, but anoint him with warm wine and oil at bedtime, and wipe this off. Boil ten grains of peony seed in dark wine, and give to drink; boil turnips well, and have the patient drink their juice, after seasoning it with unsalted cheese, poppy, oil, salt, silphium and vinegar. If you wish to have the patient drink a medication, let him drink Cnidian berry; after the cleaning, give him two bowls of rich boiled meal to drink off; let him drink the same wine. Whichever of these medications, gruels, and drinks you give, you will do good, whether you administer one alone or more, and you will very quickly make the patient well. Still, the disease is severe, and few escape it.

41. Another typhus: this one arises from the following: when bile that has become putrid mixes with the blood in the vessels and joints, and when this stands, swelling comes up and becomes established, mainly in the joints, but sometimes also in the rest of the body. This produces sharp pains, and most patients become lame from the disease.



ἄρθροισιν ἢ χολὴ πωρωθῇ· ἢ δ' ὀδύνη διαλείπουσα ἐπιλαμβάνει καὶ διὰ τριῶν ἡμερέων καὶ διὰ τεσσάρων.

268 Τοῦτον, ὅταν οὕτως ἔχῃ, ὦδε μελετᾶν· ὅταν μὲν ἢ ὀδύνη ἔχῃ ἐν τῷ σώματι, χλιάσματα προστιθέναι ἐλαίῳ ὑπαλείψας. ὅταν δὲ ἀνῇ, δοῦναι αὐτῷ ἐλλέβορον πυριάσας πρόσθεν ἅπαν τὸ σῶμα. τῇ δ' ὑστεραίῃ ὀρὸν αἰγὸς ἐψήσας, δοῦναι πιεῖν δύο χοάς, μέλι παραχέας παρὰ τὸν ἕτερον χοέα, παρὰ δὲ τὸν ἕτερον ἄλας παραβάλλων εἴτα κύλικά παρὰ κύλικά ἐναλλάσσων<sup>1</sup> πινέτω ἕως ἂν ἐκπύῃ ἅπαν. ἐς ἐσπέρην δὲ μετὰ τὴν κάθαρσιν φακῆς τρυβλίον ῥυφείτω, καὶ σεύτλων τρυβλίον<sup>2</sup> λιπαρῶν ἄλφιτα παραπάσας ἐκφαγέτω.<sup>3</sup> καὶ νεοσσοῦ ἀλεκτορίδος κρέας ἢ πελειάδος ἢ τρυγόνος ἢ οἰὸς ἢ ὑὸς πίονος.<sup>4</sup> τὸν δὲ ἐλλέβορον δι' ἑκτῆς ἡμέρας διδόναι.

Καὶ ἣν που τῶν ἄρθρων ἀποιδίσκεται καὶ μὴ θέλῃ<sup>5</sup> καθίστασθαι, σικύην προσβάλλων ἀφαιρέειν τοῦ αἵματος· καὶ κέντρῳ ἀκίδος τριγώνου<sup>6</sup> ἐς τὰ γούνατα κεντέειν,<sup>7</sup> ἣν ἐν τοῖσι γούνασιν ἐνῇ τὸ οἶδημα, τῶν δὲ ἄλλων ἄρθρων μηδὲν κεντρώσης.

Τὰς δὲ μεταξὺ τῶν ἡμερέων σιτίον προσφέρεισθω ἄρτον μὲν ὥς ὀπτότατον, μᾶζαν δὲ ψαιστήν

<sup>1</sup> Θ: παρ- Μ.

<sup>2</sup> τρυβλίον om. Θ.

<sup>3</sup> Θ: -πιέτω Μ.

<sup>4</sup> Θ: πίον Μ.

<sup>5</sup> μὴ θ. Μ: \*\*σος δὲ Θ.

<sup>6</sup> καὶ κ. ἀ. τ. Potter:

ἡεστρωακίδος τριγώνου Θ: κατακεντῶν ἀκίδι τριγώνου Μ.

<sup>7</sup> κεντέ-

ειν om. Μ.



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inasmuch as bile is cut off in their joints, and congeals. Intermittent pains are present every third or fourth day.

When the case is such, treat the patient as follows: when pains are present in the body, anoint with oil, and apply fomentations; when the pains go away, first apply a vapour-bath to the whole body and then give hellebore. On the next day, boil goat's whey, and give two choes to drink, pouring honey into one chous, and sprinkling salt over the other one; let the patient drink these alternately, cup for cup, until he has drunk everything off. Towards evening after the cleaning, let him drink a bowl of lentil-soup, and eat a bowl of beets boiled in grease and with meal sprinkled over them; also let him eat flesh of chicken, pigeon, turtle-dove, sheep, or fat swine; give the hellebore every sixth day.

If the patient swells up in the joints somewhere, and the swelling does not want to go down, apply a cupping instrument, and draw blood; if the swelling is in the knees, pierce into the knees with the point of a triangular needle, but do not pierce any of the other joints.

On the days between medications, as cereal let the patient take very well-done bread, and

ὥς μάλιστα ὄψον δὲ ἐχέτω μάλιστα μὲν ὄρνιθα  
 ὀπτῆν ἀναλτον εἰ δὲ μή, καὶ ἐφθῆν, ἐζωμευμέ-  
 νην, ἀνευ τυροῦ καὶ σησάμου καὶ ἁλός. ἰχθύσι δὲ  
 χρήσθω τοῖσι σαρκωδεστάτοισιν, ὀπτῶν<sup>1</sup> τὸν  
 αὐτὸν τρόπον τοῖσι κρέασιν. ἡ<sup>2</sup> ἐψῶν, ὀριγάνου  
 πάσας, ἐλαίω<sup>3</sup> ὑποχρίσας· οἶνον δὲ πινέτω λευκόν,  
 ἣν ξυμφέρῃ· εἰ δὲ μή, μέλανα. καὶ περιόδοισι  
 τάλαιπωρεῖτω δι' ἡμέρης καὶ μετὰ δεῖπνον καὶ  
 ὄρθριος. ὀρόν δὲ καὶ<sup>4</sup> γάλα τὴν ὥρην αἰεὶ πινέτω  
 ἣν δὲ δοκῇ, καὶ ὄνειον διδόναι ἀφεψήσας.

Καὶ ἦν ὑγιῆς γένηται, ἐν φυλακῇ αὐτὸν |  
 270 ἔχειν τοῦ ψύχεος καὶ τοῦ πνίγεος, καὶ τῶν σιτίων  
 μὴ λίην πιμπλάσθω· κίνδυνος γὰρ αὖθις ὑποτρο-  
 πάσαι τὴν νοῦσον. αὕτη ἡ νοῦσος οὕτω θερα-  
 πευομένη, ἐν ἑξ μηνσὶν ὑγιῆς γίνεται· οὗτοι γὰρ  
 κρίνουσιν εἰ θανάσιμος ἢ οὐ, ἣν παραχρῆμα θερα-  
 πεύηται ἢ γὰρ νοῦσος χαλεπή, καὶ τοῖσι πλεί-  
 στοισι συναποθνήσκει.

42. Ἄλλος τῖφος γίνεται μὲν τὸ νόσημα  
 ὀπώρης μάλιστα, ὅταν πλησθῇ παντοίης ὀπώρης.  
 πολλοῖσι δὲ καὶ ἀπὸ τῶνδε ἐγένετο τὸ νόσημα  
 φαγοῦσι<sup>5</sup> πλακοῦντα καὶ σησαμῆν<sup>6</sup> καὶ τῶν  
 ἄλλων τῶν μελιτοέντων· τὸ γὰρ μέλι τὸ ἐφθὸν  
 καυματῶδές ἐστι καὶ προσπλάσσεται ἐπὶ τὴν

<sup>1</sup> M: ὀπτοῖσι Θ.

<sup>2</sup> ἡ om. Θ.

<sup>3</sup> Θ: παστὰ ἐλαίου M.

<sup>4</sup> καὶ om. M.

<sup>5</sup> Θ: -όντες M.

<sup>6</sup> Θ: -ος καὶ -ῆς M.

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especially ground barley-cake; as main dish let him best have broiled fowl without salt; if not broiled, then boiled and made into a soup without cheese, sesame or salt. Of fish let him have the fleshiest, broiling them in the same way as the meats; or boil them, sprinkle on marjoram, and coat them with oil. Let the patient drink white wine, if it benefits him; if not, then dark wine. Have him exercise by walking every day, both after dinner and early in the morning. Let him always drink whey and milk in season; if it seems advisable, also give boiled-down ass's milk.

If a patient recovers, guard him from both cold and stifling heat, and let him not overfill himself with food; for there is a danger that the disease will recur. Treated thus, the disease goes away in six months; for that is the critical period that decides whether or not the patient will die, if he is treated at once. The disease is severe, and stays with most patients until they die.

42. Another typhus: this disease arises mainly in late summer, when a person stuffs himself on all sorts of the season's fruits; in many, it has also arisen from eating flat-cake, sesame-seed cake, and some of the others sweetened with honey, for boiled honey is burning-hot, and adheres to the cavity.

κοιλίην.<sup>1</sup> ἔπειτα ὅταν καθεψηθῇ ἐν τῇ κοιλίῃ δια-  
 χεῖται.<sup>2</sup> καὶ ἑξαπίνης ἡ γαστήρ αἵρεται καὶ πίμ-  
 πρται, καὶ δοκέει διαρραγήσεσθαι, καὶ<sup>3</sup> ἑξαπίνης  
 διάρροια ἐγένετο καὶ ὅταν ἅπαξ ἄρξηται χωρέειν.  
 πολλὰς ἡμέρας καθαίρεται. καὶ πολλοὶ μετὰ  
 ταύτην τὴν κάθαρσιν ὑγιέες ἐγένοντο.

Ὅταν οὖν παύσῃται αὐτόματος καθαιρόμενος,  
 φακῶν χυλοῦ ἀναγκάσαι αὐτὸν ἐκπιεῖν τρία ἡμί-  
 χοα, ἄλας παραβάλλων. μετὰ δὲ τὴν κάθαρσιν  
 τὴν ἐκ τοῦ χυλοῦ, ἐς ἐσπέρην φακῆς τρυβλίον  
 ῥυφείτω ψυχρῆς ἀνάλτου, σίλφιον δ' ἐπιξύσθω<sup>4</sup>  
 πολὺ καὶ σεύτλου τρυβλίον ἀνηδύντου λιπαροῦ.  
 ἄλφιτα παραπάσας φαγέτω<sup>5</sup> οἶνον δὲ πινέτω  
 μέλανα αὐστηρὸν κατ' ὀλίγον. τὸν δὲ λοιπὸν  
 χρόνον ταυτὰ τε ποιείτω, καὶ σιτία προσφερέσθω  
 ἄρτον ἑξοπτον, μᾶζαν δὲ ψαιστήν ὥς μάλιστα·  
 τὰς δὲ πρώτας τῶν ἡμερέων ἄλευρον ῥυφανέτω<sup>6</sup>  
 κάθεφθον ἀποψύχων, μέλι παραχέων. οἶνον δὲ  
 272 πινέτω μέλανα στρυφνόν· ἕως ἂν κα|ταστῇ ἡ  
 νοῦσος, ταῦτα προσφερέσθω.

Ὁ δὲ ὑπὸ τῆς ὀπώρης ληφθεὶς τῇ νούσῳ φῦ-  
 σαν παρέχει καὶ στρόφον καὶ ὀδύνην· ἡ ὀπώρη  
 καὶ τὰ σιτία οὐκ ἐθέλει διαχωρέειν καὶ ἡ γαστήρ

<sup>1</sup> ἐπὶ τὴν κ. Θ: τῇ κοιλίῃ M.

<sup>2</sup> Θ: ἀναζέεται M.

<sup>3</sup> M adds

ἔπειτα.

<sup>4</sup> Littre: ἐπεξύσθω Θ: ἐπεξέσθω M.

<sup>5</sup> φαγέτω

om. M.

<sup>6</sup> Θ: φαγέτω M.

<sup>7</sup> ἡ ὀπώρη om. M.

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When these foods have been boiled-down in the cavity, they are dispersed, and all at once the belly becomes raised and distended, and seems about to burst; diarrhoea suddenly comes on, and when this once begins to flow, the person is cleaned for many days; after the cleaning, many patients have recovered.

Now, when the spontaneous cleaning has come to an end, compel the person to drink off three half-choes of lentil-juice with salt. After the cleaning brought on by the juice, towards evening let him drink a bowl of cold lentil-soup without salt, but with much silphium grated over it; also, have him eat a bowl of unseasoned beets boiled in grease and with meal sprinkled over them, and drink dry dark wine, a little at a time. From then on, let the patient continue to do the same, and as cereal take well-baked bread and especially ground barley-cake; on the first days, let him take boiled-down meal, cooled and with honey, and drink sour dark wine; until the disease subsides, these are the things he should take.

The patient that has the disease as the result of eating late summer fruits has flatulence, colic and pain; the fruits and foods do not want to pass off,

μεγάλη καὶ σκληρὴ αὐτοῦ ἐστι, καὶ ῥίγος καὶ πυρετὸς ἔχει. τούτῳ ἦν μὲν αὐτομάτῃ παραχθῇ ἡ κοιλίη, ἐν εἴκοσι δὲ ἡμέρησι τὸ ἐλάχιστον καθαίρεται, καὶ ὅταν παύσῃται καθαιρόμενος, ὑγιὲς παραχρῆμά ἐστιν. ἦν δὲ μὴ αὐτομάτῃ παραχθῇ,<sup>1</sup> καθαίρειν αὐτὸν τῷ τοῦ ἱππόφω οὕτῳ ἢ τῷ Κνιδίῳ κόκκῳ. ἐς ἐσπέρην δὲ ταῦτα διδόναι ἅ καὶ τῷ αὐτομάτῳ καθαιρομένῳ τῇ δ' ὑστεραίῃ, ἦν μὲν πυρετὸς ἔχῃ, ἡσυχίην ἐχέτω, διδόναι δὲ αὐτῷ πίνειν τοῦ αὐτοῦ οἴνου ὡς ἐν ψυχροτάτῳ ὕδατι. ἦν δὲ μὴ ἔχῃ πυρετός, διαιτάσθω δίαιταν μὴ ὑγρὴν ἀλλὰ ἰσχυροτέραν, καὶ περιπατεῖτω πρὸς τὰ σιτία τεκμαιρόμενος.

Ὑπὸ τούτου νοσήματος πολλοῖς ἤδη ὕδρος ἐγένετο· καὶ ἦν δοκέη σοι κλύζειν, τοῖσιν αὐτοῖσιν<sup>2</sup> οἷσι καὶ τὸν ὑδερῶντα. ἦν δὲ βούλη, τοισίδε κλύζειν ἐς μελικρήτου<sup>3</sup> κοτύλην ποίην<sup>4</sup> θαψίης ἐγξύσαι, εἶτα οὕτως ἐγκλύσαι. οὗτος οὕτω θεραπευόμενος τάχιστα ὑγιὲς ἔσται.

43. Ἄλλος τῖφος γίνεται μὲν τὸ νόσημα, ὅταν τὸ ὑγρὸν τὸ ἐν τῷ σώματι συμπαγῇ<sup>5</sup> καὶ ἀναξηρανθῇ μᾶλλον τοῦ καιροῦ. γίνεται δὲ τὴν ἰδέην, ὅταν τῷ νοσήματι ἔχῃται, δίυγρος, ὕπω-

<sup>1</sup> α. τ. Θ: καθαρῇ M.

<sup>2</sup> M adds κλύσον.

<sup>3</sup> M: -ον Θ.

<sup>4</sup> A later ms., Cornarius: ποσὶ Θ: ποιεῖν M.

<sup>5</sup> Θ: σαπῇ M.

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the patient's belly is large and hard, and chills and fever are present. If the cavity is set in motion spontaneously, the person is cleaned out in twenty days, at the soonest, and, when the cleaning stops, he is at once well. If the cavity is not set in motion spontaneously, clean it out with hippopheos juice or Cnidian berry; towards evening, give the same things as to a patient cleaned spontaneously. On the following day, if fever is present, keep the patient quiet, and give him some of the same wine to drink, in very cold water; if fever is not present, let him employ a regimen that is not moist but quite strong, and take walks, determining their distance according to his foods. (In many cases, dropsy has developed out of this disease.) If it seems advisable to you to apply an enema, use the same kind as for a patient with dropsy. If you wish, make the following one: into a cotyle of melicrat shred thapsia herb; then inject. If he is treated in this way, the patient will very quickly recover.

43. Another typhus: this disease arises when the moisture in the body congeals and dries up more than it should. When a person is attacked by it, he takes on a watery yellowish translucent

χρος,<sup>1</sup> διαφανής, κύστει πλήρει ἑοικῶς<sup>2</sup> οὔρου, οὐκ οἰδέει δέ,<sup>3</sup> ἀλλὰ λεπτὸς καὶ σκελιφρὸς ἐστι καὶ ἀσθενής· μάλιστα δὲ τοῦ σώματος λεπτύνεται τὰς κληῖδας· καὶ τὸ πρόσωπον ἰσχυρῶς κάτισχνος, καὶ οἱ ὀφθαλμοὶ ἔγκοιλοι σφόδρα. ταῦτα μὲν ὑπὸ τοῦ νοσήματος πάσχει. ἐστὶ δ' ὅτε ἡ<sup>4</sup> χροὴ τοῦ σώματος μέλαινα,<sup>5</sup> τάδε δὲ αἰτία ἐστίν· ἐς τὰ φλέβια καὶ ὑπὸ<sup>6</sup> τὸ δέρμα ὅταν χολὴ μέλαινα ὑπέλθῃ, καὶ ἐπὶ τούτοι|σιν ὅταν θερμὴ ἐπιγένῃται, ἀνάγκη οὖν ὑπὸ τοῦ θερμοῦ συγκαίεσθαι καὶ ἀναξηραίνεσθαι τὰ φλέβια, ὥστε<sup>7</sup> τὸ αἷμα μὴ χωρέειν<sup>8</sup> κατὰ τὰ φλέβια. τάδε οὖν πάσχει οὗτος πρὸς ἐκείνοις·<sup>9</sup> λεπτὸς γίνεται ἰσχυρῶς,<sup>10</sup> καὶ τοῖσιν ὀφθαλμοῖσιν ἀραιὰ καρδαμύσσει, καὶ τὰς μυίας ἀπὸ τοῦ ἱματίου θηρεύει, καὶ βορὸς τῶν σιτίων μᾶλλον<sup>11</sup> ἐστὶν ἢ ὑγιαίνων, καὶ λύχνου ἀπεσβεσμένου τῇ ὁδμῇ ἥδεται, καὶ ἐξονειρώσσει θαμινά· πολλάκις δὲ καὶ βαδίζοντι αὐτῷ προέρχεται ἡ γονή.

Τοῦτον, ὅταν οὕτως ἔχῃ, καθαίρειν τὴν κοιλίην τὴν μὲν ἄνω<sup>12</sup> ἐλλεβόρῳ, τὴν δὲ κάτω ὁπῶ σκαμωνίῃς. μετὰ δὲ τὴν κάθαρσιν ταῦτά διδόναι

<sup>1</sup> Θ: ἔπ- M.

<sup>2</sup> π. ἐ. Θ: ἑοικε M.

<sup>3</sup> Θ: πλὴν οὐκ οἰδέει M.

<sup>4</sup> ἐστι . . . ἡ Θ: ἡ δὲ M.

<sup>5</sup> M adds ἡ.

<sup>6</sup> Θ: ἐς M.

<sup>7</sup> M:

ἔταν Θ.

<sup>8</sup> Littre: μὴ χωρὲν (-): ἐκχωρέειν M.

<sup>9</sup> πρὸς ἐκείνους

om. M.

<sup>10</sup> ἰ. Θ: καὶ κάτισχνος καὶ ἰσχυρὸς M.

<sup>11</sup> μᾶλλον

om. M.

<sup>12</sup> τὴν μὲν ἄνω Θ: τῷ μέλανι M.



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appearance, like a bladder filled with urine; however, he does not swell up, but is lean, parched and weak; the part of his body in which he becomes leanest are the collar-bones; his face is very emaciated, and his eyes are very sunken; this is what a person generally suffers in the disease. Sometimes the body also becomes dark in colour, and for the following reason: when dark bile finds its way into the small vessels and under the skin, and when heat follows in these parts, the vessels necessarily become over-heated and dried up, so that the blood cannot move through them. Such a patient suffers the following, in addition: he becomes very lean, he seldom blinks his eyes, he chases flies away from his blanket, he has a greater hunger than when he was healthy, he takes pleasure in the smell of the extinguished lamp, and he has frequent nocturnal emissions; often semen even passes when he is walking.

When the case is such, clean out the upper cavity with hellebore, and the lower one with scammony juice. After the cleaning, give the same

ἃ καὶ τοῖσιν ἄλλοις καὶ ὀρόν καὶ γάλα βοὸς ἢ αἰγὸς διδόναι τὴν ὥρην· διδόναι δὲ καὶ ὄνειον γάλα<sup>1</sup> ἐς ὑποκάθαρσιν. οὗτος οὕτω μελετώμενος μάλιστα ἐν δυσὶν ἔτεσιν ὑγιὲς γίνεται. σιτία δὲ ἃ βούλεται προσφερέσθω· εὐωχείσθω δ' ὥς μάλιστα, καὶ περιπατεῖτω πρὸς τὰ σιτία τεκμαιρόμενος. αὕτη ἢ νοῦσος<sup>2</sup> λαμβάνει πρεσβύτερον εἰκοσαετοῦς· ὅταν δὲ λάβῃ, ἣν μὴ κατ' ἀρχὰς τοῦ νοσήματος τούτου μελετηθῇ, οὐκ ἐκλείπει, πρὶν ἂν<sup>3</sup> εἴκοσιν ἔτεα ἄλλα<sup>4</sup> παρέλθῃ, ἀλλὰ προσίσχει· ἔπειτα ἐνίοισι μελετωμένη ἐξέρχεται. ἢ δὲ νοῦσος χαλεπή.

44. Εἰλεοὶ δὲ τάδε νοσήματα καλέονται. γίνονται<sup>5</sup> δὲ ἀπὸ τῶνδε μάλιστα· ἣν τοῦ χειμῶνος θερμῇ τῇ διαίτῃ καὶ ὑγρῇ χρῆται καὶ μηδὲ περιόδοις ταλαιπωρῇ πρὸς τὰ σιτία τεκμαιρόμενος, πιμπλάμενος δὲ εὖδῃ, εἶτα ἑξαπίνης ἀναγκασθῇ βαδίσαι μακρὴν ὁδόν, ψύχεος ἐόντος, εἶτα ῥιγώσῃ ὑπὸ τὰ ὀστέα, τάδε οὖν πάσχει. φῦσα ἐγγίνεται ἐν τῷ σώματι παντί, καὶ ἡ χροίη αὐτοῦ γίνεται μολυβδοειδής, καὶ ῥιγοῖ αἰεὶ, ὥστε οἱ θερμοῦ κατα-  
276 χεομένου<sup>6</sup> οὐ | δοκεῖ θερμὸν εἶναι. τὸ δὲ σῶμα λου-  
ομένου αὐτοῦ λεπίζεται ὑπὸ τοῦ θερμοῦ, μάλιστα

<sup>1</sup> M adds ἀφελῶν.

<sup>2</sup> Θ adds οὐ.

<sup>3</sup> πρὶν ἂν Θ: εἰ μὴ M.

<sup>4</sup> ἄλλα om. M.

<sup>5</sup> Θ: -εται M.

<sup>6</sup> οἱ θ. κ. Θ: θερμὸν καὶ κατα-  
χεομένω M.

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things as to the other patients; in season give cow's or goat's whey and milk, and also ass's milk, to clean downwards. If treated in such a way, this patient usually recovers in two years. Let him eat whichever foods he prefers and in as large amounts as possible, and take walks, determining their distance according to his foods. This disease attacks persons over twenty years of age; when it does, if they are not cared for at the beginning, it continues and does not go away before another twenty years have passed; then, in some, if treated, it passes off. The disease is severe.

44. The following diseases are called ileuses. They arise, in most cases, from the following: if, in winter, a person employs a hot, moist diet and does not exercise by taking walks in accordance with his food but goes to bed in a full state, and is then suddenly obliged to walk a long distance when it is cold, and then gets chilled to the bone, he suffers the following: tympanites develop in his whole body, his colour becomes leaden, and he has a perpetual chill, so that even when hot water is poured over him he does not think it is hot. When he is bathed, his body is excoriated by the hot water.

δὲ ἡ ὄρχεα<sup>1</sup> καὶ ἦν τῷ δακτύλῳ τοῦ σώματός που  
πιέζης,<sup>2</sup> ἐνθλάσεις, ἐκεῖ ἐκμάσσεται<sup>3</sup> σοι ὥσπερ  
ἐν σταιτί<sup>4</sup> μάλιστα δ' ἐν τοῖσι ποσὶν ἐνθλάται.  
τὰ δὲ σκέλεα βαρέα αὐτοῦ, καὶ ἦν περιφοιτή,  
τρέμει καὶ ἦν πρὸς αἶπος βαδίζῃ, πνευστιᾶ  
σφόδρα. καὶ αἱ ὠλέναι δοκέουσιν ἀποκρέμασθαι,  
καὶ τὴν κεφαλὴν ἀλγέει, καὶ αἱ ὀφρύες δοκέουσιν  
ἀποκρέμασθαι,<sup>5</sup> καὶ δίψα ἔχει τὰς νύκτας. τὰ δὲ  
σιτία ὡμὰ διαχωρέει, ἄσθ' ἂν φάγῃ.

Τοῦτον, ὅταν οὕτως ἔχῃ, πυριήσας αὐτὸν τοῦ  
κνεώρου δοῦναι πιεῖν ἢ τοῦ ἱππόφω<sup>6</sup> ἢ τοῦ Κνι-  
δίου κόκκου. μετὰ δὲ τὴν κάθαρσιν ταῦτά διδόναι  
ἅ καὶ τοῖσι πρόσθεν. τῇ δ' ὑστεραίῃ ὀνείου γάλα-  
κτος ἐφθοῦ χοέα δοῦναι δις ἐκπιεῖν ἄλας παρα-  
βάλλων. ἐς ἐσπέρην δὲ δειπνεῖτω ἄρτον, ὅψον δ'  
ἐχέτω οἷος κρέα ἐφθὰ καὶ πουλύποδας ἐφθούς ἐν  
οἴνῳ μέλανι ἡψημένους<sup>7</sup> καὶ τὸν ζωμὸν ῥυφεῖτω.  
καὶ φακὴν ἐχέτω ὧδε ἐσκευασμένην κοτύλην φα-  
κῶν ἐψήσας, τρίψας λείην, ἔπειτα ἄλευρον μίξας<sup>8</sup>  
καὶ σίλφιον ξέσας<sup>9</sup> ἄλας ἐμβαλεῖν, καὶ ὄξος ἐπι-  
χέαι, καὶ σκόροδα συνεψεῖν χρή ἐπὶ ταῦτα<sup>10</sup> ὕδωρ  
ἐπιχέας ζέσαι δις ἢ τρίς, καὶ τορυνᾶν ἅμα. ἔπει-

<sup>1</sup> Θ: ὄσχη M.      <sup>2</sup> π. π. Θ: ὑποπιέζης M.      <sup>3</sup> ε. ε. Potter: καὶ  
ἐκμανεῖται Θ: καὶ σημαίνεται M.      <sup>4</sup> ἐν σ. M: Θ has a blank  
space of suitable length.      <sup>5</sup> καὶ τὴν . . . ἀποκρέμασθαι  
om. M.      <sup>6</sup> M adds ὀποῦ.      <sup>7</sup> ἡψημένους om. M.      <sup>8</sup> Θ:  
παραμίξαι M.      <sup>9</sup> Θ: ἐπιξέσαι, καὶ M.      <sup>10</sup> Θ: ἔπειτα M.

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especially his scrotum. If you press his body at any point with your finger, indenting it, it receives your impression there as if in dough; it is most indented in the feet. The patient's legs are heavy; if he walks about, he trembles; if he walks up a grade, he pants violently. His forearms seem to hang down, he has a headache, his eyebrows seem to overhang, thirst is present during the nights, and his food passes off undigested, just as he ate it.

When the case is such, apply vapour-baths to the patient, and give him spurge-flax, hippopheos, or Cnidian berry to drink. After the cleaning, give the same things as to the preceding patients. On the following day, twice give a chous of boiled ass's milk with salt, for the patient to drink off, and towards evening have him eat for dinner bread and, as main dish, boiled mutton and polyp boiled in dark wine, and drink the sauce too; also let him have lentil-soup prepared thus: boil a cotyle of lentils and mash them fine; then mix in meal, shred in silphium, and add salt; add vinegar, and boil in garlic; over this pour water, bring to a boil two or three times, and stir together; then let the patient

τα ἀφελὼν ὀψάσθω<sup>1</sup> ἔστω δὲ μὴ λίην παχέην ἐμβεβλήσθω δὲ καὶ γλήχων ἐφομένη τῆς εὐωδίας εἵνεκα. τὰς δὲ μεταξὺ τῶν ἡμερέων ἐμέτους ποιείσθω δι' ἑκτῆς ἡμέρης πυριᾶσθαι δὲ χρή ἄλλοτε καὶ ἄλλοτε πρὸ τοῦ ἐμέτου καὶ τῆς φαρμακοπωσίης. καὶ διὰ τρίτης ἡμέρης λούσθω, ἣν συμφέρῃ· εἰ δὲ μή, ἀλειφέσθω, καὶ περιπατεῖτω ἣν δυνατὸς ἦ, πρὸς τὰ σιτία τεκμαιρόμενος. καὶ ἀκτῆς φύλλα καὶ κονύζης τῆς αἰεὶ ἀπαλῆς ἐψῶν διδόναι πίνειν.<sup>2</sup>

278 Οὕτω γὰρ | μελετώμενος ῥᾶστ' ἂν διάγοι, καὶ ἡ νοῦσος ἐκλείποι ἂν ἐνιαυσίῃ. πολλοῖσι δὲ ἤδη ὑγίεσι γενομένοισι διὰ δύο ἐτέων πάλιν<sup>3</sup> ἡ νοῦσος ὑπετρόπασεν· ἀλλὰ χρή, ἣν ὑποτροπάσῃ, τὴν αὐτὴν ἱῆσιν ἰᾶσθαι. ἣν δὲ τὸ τρίτον ὑποτροπάσῃ, οἷδῃμα μὲν οὐκ ἐγγίνεται, λεπτὸς δὲ γίνεται καὶ κάτισχνος· ἄρχεται δὲ λεπτύνεσθαι ἀπὸ τοῦ προσώπου, καὶ τὴν χροίην ἐκλευκος γίνεται μάλλον ἢ τὸ πρόσθεν. τοῦτω ἐνίτε ὕδρος ἐγγίνεται ἐν τῇ κοιλίῃ· ἣν οὖν ἐγγένηται, τάμνειν μὲν οὐ χρή· ἀποθανεῖται γάρ· θεραπεύειν δὲ τοῖς αὐτοῖς οἷσι καὶ τὸν ἀπὸ τοῦ σπληνὸς ὕδεριῶντα. τοῦτον μάλιστα μὲν κατ' ἀρχὰς βούλεσθαι λαβὼν ἰᾶσθαι,<sup>4</sup> ταχὺ γὰρ ὑγιᾶ ποιήσεις. ἡ δὲ νοῦσος δεῖται μελέτης· χαλεπὴ γάρ.

<sup>1</sup> Θ: ἐψήσθω M: *frigefacito* Cornarius, implying ἐψήχθω.

<sup>2</sup> Θ: ἐσθίειν M.

<sup>3</sup> πάλιν om. M.

<sup>4</sup> λ. ι. Θ: ἣν μή, καὶ οὕτω M.

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take this and eat it as a main dish; it should not be too thick; also add boiled penny-royal, for the aroma. On the days between medications, let the patient induce vomiting every sixth day. You must apply vapour-baths, now and then, before the patient vomits and before he drinks his medication. Every third day, let him bathe, if it helps; if not, let him be anointed; also let him take walks, if he is able, determining their distance in accordance with his food. Boil leaves of the elder tree and of the fleabane that is always tender, and give these to the patient to drink.

Treated in this way, the patient will fare best, and the disease will go away in a year. In many who had already recovered, the disease has recurred after two years; if it does recur, you must employ the same treatment. If it recurs a third time, swelling is not present, but the patient becomes lean and emaciated; he begins by losing flesh from his face, and his colour becomes very white, even whiter than before; sometimes dropsy develops in the cavity; if it does, you must not make an incision; for, if you do, the patient will die; instead, treat with the measures used in a dropsy arising from the spleen. Much prefer to take this patient for treatment at the beginning of the disease, for then you will quickly make him well. The disease requires care, for it is severe.

45. Ἄλλος εἰλεός· ἐπιλαμβάνει μὲν μάλιστα θέρεος ὥρη<sup>1</sup> ἐν ἐλώδεσι χωρίοις,<sup>2</sup> μάλιστα δ' ἐπιλαμβάνει ἀφ' ὑδροπωσίης· πολλοὶ δὲ ἤδη καὶ πρὸς τὸν ἥλιον εὐνασθέντες<sup>3</sup> τὸ νόσημα ἔλαβον, τὴν κεφαλὴν ἀλγήσαντες. τὰ δ' ἄλλα παραπλήσια τῷ πρόσθεν πάσχουσι, πλὴν τῆς χροίης, οὗτος γὰρ ὠχρὸς γίνεται οἷόν περ σίδιον· καὶ οἱ ὀφθαλμοὶ ἔστιν ὅτε ἱκτέρου πίμπλονται.

Τοῦτον ὅταν οὕτως ἔχῃ, θεραπεύειν τοῖς αὐτοῖς οἷσι καὶ τὸν πρόσθεν· διδόναι δὲ καὶ ἀπὸ ἐρεβίνθων λευκῶν ἐψῶν τὸ ὕδωρ πίνειν, καὶ ἐν τῷ οἴνῳ κινρὰς διδόναι· καὶ τὴν κεφαλὴν αὐτοῦ καθαίρειν τῷ τετραγώνῳ. οὗτος ἦσσον τοῦ πρόσθεν θανατώδης· καλέεται δὲ εἰλεὸς ἱκτεριώδης.

280 46. Ἄλλος ὅδε<sup>4</sup> εἰλεός· τὰ μὲν ἄλλα πάσχει πλῆθος ταῦτά τοῖσι πρόσθεν, ἄρχεται δὲ μετοπώρου γίνεσθαι τὸ νόσημα, τάδε δ' ἐν τῷ νοσήματι τούτῳ<sup>5</sup> προσγίνεται ἐκ τοῦ στόματος κακὸν ὄζει, καὶ ἀπὸ τῶν ὀδόντων τὰ οὖλα ἀφίσταται, καὶ ἐκ τῶν ῥινῶν αἷμα ῥεῖ. ἐνίοτε δὲ καὶ ἐκ τῶν σκελέων ἔλκεα ἐκφυεῖ,<sup>6</sup> καὶ τὰ μὲν ὑγιαίνεται τὰ δ' ἄλλα παραγίνεται,<sup>7</sup> καὶ ἡ χροὶς μέλαινα, καὶ λεπτόδερμος· περιφοιτᾷ δὲ καὶ ταλαιπωρεῖν πρόθυμος.

<sup>1</sup> Θ: ὥρην M.

<sup>2</sup> M adds οὗτος.

<sup>3</sup> Θ: εἰληθέντες M.

<sup>4</sup> ὅδε om. M.

<sup>5</sup> τούτῳ om. M.

<sup>6</sup> Θ: ἐκφλυνδάνει M.

<sup>7</sup> Θ: προσ- M.



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45. Another ileus: this one occurs mainly in summer, in swampy areas; in most cases, it comes on as the result of drinking water, but many persons have also taken the disease from sleeping exposed to the sun when they had a headache. In this disease the patient suffers the same things as in the preceding one in everything else except his colour; for he becomes yellow like pomegranate-peel, and his eyes, too, are sometimes filled with jaundice.

When the case is such, treat this patient with the same things used for the preceding one; in addition, give water boiled from white chick-peas to drink, this also mixed with wine; clean out the head with square-berry. This disease is less often mortal than the preceding one. It is called icteric ileus.

46. Another ileus: generally this patient suffers the same things as the preceding ones, except that the disease begins in late autumn, and includes the following things in addition: the patient smells foully from the mouth, the gums separate from his teeth, and blood flows from his nostrils. Sometimes also ulcers break out on his legs—and while some heal, others develop—his colour is dark, and his skin is thin; the patient is eager to walk about and to exert himself.

Τοῦτον, ὅταν οὕτως ἔχη, τοῖσιν αὐτοῖσιν<sup>1</sup> ἰᾶσθαι οἷσι καὶ τοὺς πρόσθεν καὶ κλύζειν τοῖσδε σικύου τοῦ ἀγρίου πέντε φύλλα τριῦσαι λεία, καὶ παραμῖξαι μέλιτος ἡμικοτύλιον, καὶ ἁλῶν δραξάμενος τῇ μιῇ χειρί, καὶ ἐλαίου ἡμικοτύλιον, καὶ ἀπὸ σεύτλων ἐφθῶν τοῦ χυλοῦ τέσσερας κοτύλας διδόναι δὲ ἐς ὑποκάθαρσιν ὀνείου γάλακτος ἐφθοῦ ὀκτὼ κοτύλας μέλι παραχέας. πινέτω δὲ καὶ βόειον τὴν ὥρην, τεσσεράκοντα πέντε<sup>2</sup> ἡμέρας πινέτω δὲ [καὶ]<sup>3</sup> ἔωθεν τοῦ βοείου γάλακτος δύο κοτύλας, τρίτον μελικρήτου παραμίσγων τὰς μεταξὺ τῶν ἡμερέων. αὕτη ἡ νοῦσος δεῖται πολλῆς ἰήσιος· εἰ δὲ μή, οὐκ ἐξέρχεται, ἀλλὰ συναποθνήσκει καλέεται δὲ εἰλεὸς αἱματίτης.

47. Παχέα δὲ τάδε τὰ νοσήματα καλέεται· τάδε δὲ ἀπὸ τῶνδε μάλιστα γίνονται.

Ὅταν φλέγμα καὶ χολὴ μιχθῇ κατὰ τὸ σῶμα, συρρεῖ ἐς τὴν κοιλίην, καὶ ὅταν ἀλίσθῃ,<sup>4</sup> τὴν κοιλίην αἰεῖρει,<sup>5</sup> καὶ ἄνω τε καὶ κάτω ἔρχεται ὥσπερ κῦμα. καὶ ῥίγος καὶ πυρετὸς ἐπιλαμβάνει, καὶ ἐν τῇ κεφαλῇ ὀδύνη καθέστηκε καὶ ὅταν πρὸς τὰ σπλάγχνα ἡ ὀδύνη καταστῇ, πνίγμα παρέχει |  
282 καὶ εὐθύς<sup>6</sup> ἐμέει λάμπην ὀξέην, ἐνίοτε ἄλμυρην, καὶ ὅταν ἀπεμέσῃ, πικρὸν τὸ στόμα δοκέει αὐτῷ

<sup>1</sup> τ. α. Θ: τοῦτοισι Μ.

following Calvus.

ἀείρεται Μ.

<sup>2</sup> πέντε om. Μ.

<sup>4</sup> Μ adds ἐς.

<sup>6</sup> Θ: ἐνίοτε Μ.

<sup>3</sup> Del. Potter,

<sup>5</sup> Potter: ἀεὶ βεῖ Θ:

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When the case is such, treat this patient with the same things used for the preceding ones. Administer an enema composed of the following: grind fine five leaves of squirting-cucumber, and add a half-cotyle of honey, a handful of salt, a half-cotyle of oil, and four cotylai of juice boiled from beets. Also give eight cotylai of boiled ass's milk with honey, to clean downwards. In season let the patient drink cow's milk for forty-five days: let him drink<sup>1</sup> two cotylai of cow's milk with one third-cotyle of melicrat early in the morning on the days between medications. This disease requires much attention; otherwise, it does not go away, but clings to the person until he dies. It is called sanguinous ileus.

47. The following diseases are called the "thick ones"; they arise mainly from the following: when phlegm and bile mix with one another through the body, they are inclined to collect in the cavity, and, when they collect there, they raise the cavity up, and fluctuate both upwards and downwards. Chills and fever come on, and pain establishes itself in the head; when pain enters the inward parts, it produces choking; at once the patient vomits up a sharp or sometimes salty scum, and after he has

<sup>1</sup> Calvus' translation (*per anni tempus idoneum et lac bubulum quadraginta dies potato, mane duo acetabula cotulasue cum tertia mulsi parte . . .*) makes better sense than Littré's (*Dans la saison le malade boira du lait de vache pendant quarante jours. Il boira aussi, le matin, deux cotyles de lait de vache, avec mélange d'un tiers de mélicrat . . .*).

εἶναι. ἐν δὲ τῇσι πλευρῇσιν ἐρυθήματα κατὰ-  
 κείται<sup>1</sup> ἅτε γὰρ τοῦ φλέγματος ἐν τῇ κοιλίᾳ  
 ἐνόντος, τὸ δ' αἷμα ὑπὸ τῆς θερμασίης ἀλίσθεν  
 προσέπεσε πρὸς τὰς πλευρὰς καὶ ἐρυθήματα παρέχει  
 ἐν τῇσι πλευρῇσι καὶ δηγμὸς<sup>2</sup> καὶ θερμασίη ἔχει μά-  
 λιστα τὰς πλευρὰς. καὶ τὸ μετάφρενον ἔγκυρτον  
 αὐτοῦ γίνεται καὶ ὅταν πονέῃ μάλιστα, οὐκ  
 ἀνέχεται ψανομένου<sup>3</sup> τοῦ σώματος· ἀλγέει γὰρ  
 ὥσπερ ἔλκος. καὶ αἱ σάρκες πάλλονται ὑπὸ τῆς  
 ἀλγηδόνης, καὶ οἱ ὄρχιες ἐλκοῦνται,<sup>4</sup> καὶ ἐς τὴν  
 καθέδρην καὶ ἐς τὴν κύστιν θέρμη<sup>5</sup> καὶ ὀδύνη ἐμ-  
 πίπτει. καὶ οὐρέει παχὺ οἶόν περ ὕδρωπα, καὶ αἱ  
 τρίχες ἐκ τῆς κεφαλῆς ἐκρέουσι, καὶ τὰ σκέλεα  
 καὶ οἱ πόδες αἰεὶ ψυχροί, καὶ ὀδύνη πιέζει μάλι-  
 στα τὰς πλευρὰς καὶ τὸ μετάφρενον καὶ τὸν τρά-  
 χηλον· πρὸς δὲ τῷ δέρματί οἱ δοκεῖ τι προσέρπειν.  
 ἡ δὲ νοῦσος τότε μὲν πιέζει, τότε δὲ ἀνίησι·  
 προϊοῦσα δὲ ἡ νοῦσος<sup>6</sup> συνεχέστερον πιέζει καὶ  
 τῆς κεφαλῆς τὸ δέρμα παχὺ καὶ ἐρυθρὸν γίνεται.  
 οὗτος μέχρι μὲν ἔξ ἐτέων τοιαῦτα πάσχων δια-  
 τελέει· ἔπειτα ἰδρώς τε πολὺς καταχεῖται καὶ  
 κάκοδος. πολλάκις δὲ καὶ ἐν τῷ ὕπνῳ τὸ λάγ-  
 νευμα ὕφαιμον προέρχεται ὑποπέλιδνον. τοῦτο τὸ

<sup>1</sup> Θ: ἐρυθήματι κατέχεται M.

<sup>2</sup> καὶ δηγμὸς om. M.

<sup>3</sup> Θ: -ος M.

<sup>4</sup> Θ: -ονται M.

<sup>5</sup> M adds τις.

<sup>6</sup> Θ: -σης δὲ τῆς -ου M.

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vomited his mouth has a pungent taste. In the sides, red patches appear; for, inasmuch as phlegm is present in the cavity, blood attracted by the heat of the phlegm falls against the sides and produces red patches in them; itching and heat are also present, particularly in the sides. The patient's back becomes crooked, and, when his suffering is most severe, he will not tolerate his body being touched, for he feels pain as if in an ulcer. His muscles quiver from pain, his testicles become ulcerated,<sup>1</sup> and heat and pain attack the posteriors and bladder. The patient passes thick urine similar to dropsy fluid, hair falls out of his head, his legs and feet are perpetually cold, and pain presses most intensely in his sides, back and neck; he imagines that something is crawling over his skin. At one time the disease presses more intensely, at another it relents; however, as it progresses, it tends to press more and more continuously. The skin of the head becomes thick and red. Such a patient goes on suffering in this way until the sixth year; then copious foul-smelling sweat pours down. Also, in his sleep he often passes somewhat livid semen charged with blood. This disease arises

<sup>1</sup> Variant text: "are drawn up."

νόσημα γίνεται διὰ θερμασίην τοῦ ἡλίου καὶ ὑδροπωσίην.<sup>1</sup>

284 Τοῦτον ὅταν οὕτως ἔχῃ, τοῦ κνεώρου διδοὺς ὑποκαθαίρειν ἢ τοῦ Κνιδίου κόκκου ἢ τοῦ ἱππόφω. δίδου δὲ καὶ γάλα ὄνειον, ἐψήσας πίνειν ὀκτὼ κοτύλας, μέλι παραχέας· τῇ δ' ὑστεραίῃ μετὰ τὴν κάθαρσιν ταῦτά προσφέρειν ἃ καὶ τοῖσιν ἄλλοισι. τὰς δὲ πρώτας | ἡμέρας εὐωχεέσθω τὰ αὐτὰ ἃ<sup>2</sup> καὶ ὅς<sup>3</sup> ὑπὸ τοῦ ὑδέρου ἐάλωκε· πονεῖτω καὶ<sup>4</sup> περιόδοισιν, ἣν δυνατὸς ἦ· ἣν δ' ἀδύνατος ἦ ὑπὸ τῶν πυρετῶν καὶ ἐσθίειν μὴ δύνηται τὰ σιτία, χρήσθω ῥυφήματι φακῇ ποτῶ δὲ οἴνω μέλανι<sup>5</sup> αὐστηροτάτῳ. αὕτη ἡ νοῦσος ἐπιλαμβάνει μάλιστα μετοπώρου καὶ<sup>6</sup> ὀπώρης ἐούσης. οὗτος ἦν μὴ<sup>7</sup> ἰηθῇ ἐν τοῖσιν ἐξ ἔτεσι, προσίσχει ἡ νοῦσος<sup>8</sup> καὶ ἄχρι ἐτέων<sup>9</sup> δέκα· πολλοῖσι δὲ καὶ συναποθνήσκει, ἦν μὴ παραχρῆμα μελετηθῇ.

48. Ἄλλο<sup>10</sup> παχύ γίνεται μὲν ἀπὸ χολῆς, ὅταν χολή<sup>11</sup> ἐπὶ τὸ ἥπαρ ἐπιρρυῇ καὶ ἐς τὴν κεφαλὴν καταστῇ. τάδε οὖν πασχει τὸ ἥπαρ οἰδέει, καὶ ἀναπτύσσεται πρὸς τὰς φρένας ὑπὸ τοῦ οἰδήματος, καὶ εὐθύς ἐς τὴν κεφαλὴν ὀδύνη ἐμ-

<sup>1</sup> τοῦτο . . . ὑδροπωσίην om. Θ.

<sup>2</sup> τὰς . . . ἃ om. Θ.

<sup>3</sup> Θ: ὅστις M.

<sup>4</sup> Θ: ἐάλω καὶ πονεέτω M.

<sup>5</sup> M adds

ὡς.

<sup>6</sup> καὶ om. Θ.

<sup>7</sup> Θ: μὲν M.

<sup>8</sup> π. ἢ ν. Θ: εἰ δὲ μή,

προσέχει M.

<sup>9</sup> Θ: τῶν M.

<sup>10</sup> Θ: Τάδε παχέα γίνεται τῶν νο-

σημάτων ἀπὸ χολῆς. ἀλλὰ M.

<sup>11</sup> χολή om. M.

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because of the heat of the sun, and from drinking water.

When the case is such, clean the patient downwards by giving spurge-flax, Cnidian berry or hippopheos. Also, give him eight cotylai of boiled ass's milk with honey to drink; on the day after the cleaning, give the same things as were given to the other patients. On the first days, let the patient be well fed on the same foods as a person with dropsy, and exert himself by taking walks, if he is able; if, on account of his fevers, he is not able to take walks, and if he cannot eat regular foods, let him employ lentil-soup as gruel, and drink dry dark wine. This disease has its accesses mainly in fall and later summer. If the patient is not treated during the six years, the disease continues until the tenth year; in many, it even clings to them until they die, if it has not been treated immediately.

48. Another "thick" disease: this one arises from bile, when bile collects in the liver, and also settles in the head. The patient suffers the following: his liver swells up and, by its swelling, expands against the diaphragm; pain immediately



πίπτει, μάλιστα δὲ ἐς τοὺς κροτάφους· καὶ τοῖσιν ὥσιν οὐκ ὀξὺ ἀκούει, πολλάκις δὲ καὶ τοῖσιν ὀφθαλμοῖσιν οὐχ ὄρᾱ· καὶ φρίκη καὶ πυρετὸς ἐπιλαμβάνει. ταῦτα μὲν κατ' ἀρχὰς τοῦ νοσήματος αὐτῷ<sup>1</sup> γίνεται· γίνεται δὲ<sup>2</sup> διαλιμπάνοντα, τότε μὲν σφόδρα, τότε δὲ ἥσσον· ὥσω δ' ἂν ὁ χρόνος τῇ νούσῳ προῖη, ὃ τε πόνος πλείων ἐν τῷ σώματι. καὶ αἱ κόραι σκιδνάνται τῶν ὀφθαλμῶν, καὶ σκιαυγέει. καὶ ἦν προσφέρῃς τὸν δάκτυλον πρὸς τοὺς ὀφθαλμούς, οὐκ αἰσθήσεται διὰ τὸ μὴ ὄρᾱν· τούτῳ δ' ἂν γνοίης ὅτι οὐχ ὄρᾱ, οὐ γὰρ<sup>3</sup> καρδαμύσσει προσφερομένου τοῦ δακτύλου. καὶ τὰς κροκύδας ἀφαιρέει τοῦ ἱματίου, ἦν περ ἴδῃ, δοκέων φθειρας εἶναι. καὶ ὅταν τὸ ἥπαρ μᾶλλον ἀναπτυγῇ πρὸς τὰς φρένας, παραφρονέει· καὶ προφαίνεσθαι οἱ δοκέει πρὸ τῶν ὀφθαλμῶν ἔρπε-  
 286 τὰ | καὶ ἄλλα παντοδαπὰ θηρία καὶ<sup>4</sup> ὀπλῖται  
 μαχόμενοι, καὶ αὐτὸς ἐν αὐτοῖσι δοκέει μάχεσθαι·  
 τοιαῦτα λέγει ὡς ὀρών καὶ ἐπέρχεται, καὶ ἀπει-  
 λεῖ, ἦν μὴ τις αὐτὸν ἐᾷ ἔξω ἐξιέναι· καὶ ἦν ἀνα-  
 στῇ, οὐ δύναται αἶρειν τὰ σκέλεα, ἀλλὰ πίπτει.  
 οἱ δὲ πόδες αἰεὶ ψυχροί· καὶ ὅταν καθεύδῃ, ἀναΐσ-  
 σει ἐκ τοῦ ὕπνου<sup>5</sup> ὅταν ἐνύπνια ἴδῃ φοβερά. τῷδε  
 δὲ γινώσκομεν, ὅτι ἀπὸ ἐνυπνίων αἴσσει καὶ

<sup>1</sup> M: αὐτοῦ τοῦ νοσήματος Θ.  
 om. Θ.

<sup>4</sup> καὶ om. Θ.

<sup>2</sup> γίνεται δὲ om. M.  
<sup>5</sup> M adds καὶ φοβέεται.

<sup>3</sup> γὰρ



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attacks his head, especially the temples; he does not hear clearly, and often he cannot see, either; shivering and fever set in. These things affect the patient at the beginning of the disease; they occur intermittently, sometimes more intensely, sometimes less so. The longer the disease goes on, the more pain there is in the body. The pupils of the eyes are dilated, the patient sees dimly, and if you bring your finger up to his eyes, he does not perceive it, because he cannot see; this is how you can tell that he does not see: he does not blink when the finger is brought near. He removes pieces of wool from his blanket, if he does see them, believing they are lice. When his liver expands even more against the diaphragm, the patient becomes deranged; there seem to appear before his eyes reptiles and every other sort of beasts, and fighting soldiers, and he imagines himself to be fighting among them; he speaks out as if he is seeing such things, and he attacks and threatens, if someone will not allow him to go outside; if he does stand up, though, he cannot lift his legs, but falls. His feet are perpetually cold; when he goes to bed, he starts up out of his sleep on seeing fearful dreams. We know that his starting up and fear are due to dreams.

## ΠΕΡΙ ΤΩΝ ΕΝΤΟΣ ΠΑΘΩΝ

φοβεῖται ὅταν ἔννοος γένηται, ἀφηγεῖται τὰ ἐνύπνια τοιαῦτα ὁρᾶν<sup>1</sup> ὅποια καὶ τῷ σώματι ἐποίει καὶ τῇ γλώσση ἔλεγε. ταῦτα μὲν οὕτω πάσχει. ἔστι δ' ὅτε καὶ κεῖται ἄφωνος ὅλην τὴν ἡμέρην καὶ τὴν νύκτα ἀναπνέων ἀθρόον πολὺ τὸ πνεῦμα. ὅταν δὲ παύσηται παραφρονέων, εὐθὺς [παραχρῆμα]<sup>2</sup> ἔννοος γίνεται, καὶ ἦν ἐρωτᾷ τις αὐτόν, ὀρθῶς<sup>3</sup> ἀποκρίνεται, καὶ γινώσκει πάντα τὰ λεγόμενα. εἶτα αὖθις ὀλίγον ὕστερον ἐν τοῖς αὐτοῖσιν ἄλγεσι κεῖται. αὕτη ἡ νοῦσος προσπίπτει μάλιστα ἐν ἀλλοδημίῃ καὶ ἦν που ἐρήμην ὁδὸν βαδίσῃ καὶ φόβος αὐτὸν λάβῃ λαμβάνει δὲ καὶ ἄλλως.

Τοῦτον οὖν,<sup>4</sup> ὅταν οὕτως ἔχῃ, πῖσαι τοῦ μέλανος ἐλλεβόρου πέντε ὀβολοὺς στήσας, διδόναι δ' ἐν<sup>5</sup> γλυκεῖ οἶνῳ ἢ κλύζειν αὐτὸν τοῖσδε λίτρου Αἰγυπτίου ὅσον ἀστράγαλον οἶός, τοῦτο τριῖψαι λεῖον, καὶ παραμῖξαι μέλιτος ὡς<sup>6</sup> καλλίστου ἡμικοτύλιον δ' ἐψήσας, ἐν θυίῃ,<sup>7</sup> καὶ ἡμικοτύλιον ἐλαίου καὶ ἀπὸ σεύτλων ἐφθῶν ὕδατος τέσσερας κοτύλας ἐξαιθριάσας ἦν δὲ βούλῃ, ἀντὶ σεύτλου ὄνειον γάλα ἐψήσας παραμῖξαι. ταῦτα τρίψας<sup>8</sup> κλύζειν, ἦν τε ὁ πυρετὸς ἐπῆ ἦν τε μή. ῥυφήμασι δὲ χρήσθω πτισάνῃ καθέφθῳ, μέλι παραχέων

<sup>1</sup> τοιαῦτα ὁρᾶν om. M.

<sup>2</sup> Del. Vander Linden.

<sup>3</sup> Θ:

εὐθὺς M.

<sup>4</sup> οὖν om. M.

<sup>5</sup> ἐν om. Θ.

<sup>6</sup> ὡς om. M.

<sup>7</sup> Θ: θυμῇ M.

<sup>8</sup> Θ: μίξας M.

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from the following: when he comes to his senses, he reports having had dreams that correspond to the way he moved his body and spoke with his tongue. These things he suffers as described. Sometimes, he may also lie speechless the whole day and night, taking frequent deep breaths. When his derangement ceases, he immediately regains his senses, and, if someone questions him, he answers correctly and understands everything that is said. But then, a little later, he labours again under the same distress. This disease usually attacks abroad, if a person is travelling a lonely road somewhere, and fear seizes him, although it does also occur under other circumstances.

When the case is such, then, give the patient five obols weight of black hellebore to drink in sweet wine. Or administer an enema as follows: Egyptian soda to the amount of a sheep's vertebra, grind this fine; mix it together in a mortar with a half-cotyle of the finest honey you have, boiled, a half-cotyle of oil, and four cotylai of juice boiled from beets and exposed to the open air; if you wish, instead of the beet juice add boiled ass's milk; mash these together, and administer as an enema, whether fever is present or not. As gruel let the patient take boiled-down barley-water with honey;

πινέτω δὲ μέλι καὶ ὕδωρ καὶ ὄξος συγκεράσας, ἕως ἂν κριθῇ ἡ νοῦσος· κρίνεται δ' ἐν τεσ|σεράκοντα<sup>1</sup> ἡμέρησι τὸ μακρότατον, εἰ θανάσιμος ἢ οὐ. πολλοῖσι δὲ ἤδη τοῦ νοσήματος πεπαυμένου πάλιν ἡ νοῦσος ὑπετρόπασεν ἣν οὖν ὑποτροπάσῃ. κίνδυνος αὐτὸν διαφθαρῆναι κρίνεται δ' ἡ νοῦσος ἐν ἑπτὰ ἡμέρησιν, ἣν ὑποτροπάσῃ, εἰ<sup>2</sup> θανάσιμος ἢ οὐ. ἣν δὲ ταύτας ἐκφύγῃ, οὐ μάλα θνήσκει, ἀλλὰ τοῖσι πολλοῖσι μελεδαινομένη ἐξέρχεται. ὅταν δὲ παύσῃται ἡ νοῦσος, διαίτη χρήσθω, ἡσύχως προσάγων ὅποσον ἂν ἡ κοιλίη προσδέξῃται ὥς<sup>3</sup> μὴ συγκαυθῇ, μήτε διάρροια ἐπιγένῃται· ἀμφοτέρα γὰρ δοκέει κινδυνώδεα εἶναι. καὶ λούσθω δὲ ἐκάστης ἡμέρης, καὶ περιπατεῖτω ὀλίγα μετὰ σιτία· καὶ ἐσθῆτα κούφην ἐχέτω καὶ μαλθακὴν· καὶ γαλακτοποτεῖτω τὴν ὥρην καὶ ὀροποτεῖτω πέντε καὶ τεσσεράκοντα ἡμέρας. ταῦτα ἣν ποιέῃ, τάχιστα ὑγιὲς ἔσται. ἡ δὲ νοῦσος χαλεπὴ καὶ δεῖται μελέτης πολλῆς.

49. Ἄλλο παχύ γίνεται μὲν ἀπὸ φλέγματος σαπέντος· τῷδε <δὲ><sup>4</sup> δῆλον γίνεται, ὅτι σαπρὸν ἐστὶν ἐρεύγεται ἀπ' αὐτοῦ τὴν ὁδμὴν ἔχον, οἷόν περ ῥαφανίδας φαγόντος. τὸ δὲ νόσημα ἄρχεται ἀπὸ τῶν σκελέων γινόμενον, εἴτα ἀνέρχεται ἐκ τῶν σκελέων ἐς τὴν κοιλίην, καὶ ὅταν ἐν τῇ κοι-

<sup>1</sup> Θ: δεκατέσσαροι M.

ὥς Θ: -δέξεται καὶ M.

<sup>2</sup> ἦν . . . εἰ Θ: ἦ M.<sup>4</sup> Cornarius: τῷδε Θ: τόδε M.<sup>3</sup> Potter: -έχεται

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let him drink a mixture of honey, water and vinegar until the disease reaches its crisis, which is in forty days at the longest, these deciding whether or not the patient will die. In many, the disease has recurred after it had gone away; now, if it does recur, there is a danger that the patient will perish. If it recurs, the disease has its crisis in seven days, which decide whether or not the patient will die. If he escapes these, he is not likely to die, but in most cases, if treated, the disease goes away. When the disease is over, let the patient follow the regimen of cautiously increasing his intake as much as his cavity is able to accept without becoming burnt up or without diarrhoea coming on, for these are both held to be dangerous. Let him bathe each day, and walk about a little after his meals; let him have foods that are light and mild, and drink milk and whey in season for forty-five days. If he does these things, he will very quickly become well. The disease is severe and requires much care.

49. Another "thick" disease: this one arises from putrefied phlegm; the following shows that the phlegm is putrid: the patient's belches have an odour, from the phlegm, like those of a person that has eaten radishes. This disease begins from the legs, then migrates from the legs into the cavity,

290 λίη εἶη.<sup>1</sup> αὐτὶς ἀνέρχεται πρὸς τὰ σπλάγχνα. καὶ ὅταν στῇ πρὸς τοῖσι σπλάγχνοισι, μύζει καὶ ἔμετον ἄγει, ἅμα καὶ λάπην ὀξέην ὑπόσαπρον καὶ ὅταν ἀπεμέσῃ, οὐκ ἔχει ἑωυτόν. ἔπειτα ἀπορίαι πρὸς τοῖσι σπλάγχνοισιν, ἐνίοτε δὲ καὶ ἐς τὴν κεφαλὴν ἐξαπίνης ὀδύνη στηρίζει ὀξέην, ὥστε οὔτε τοῖσιν ὀφθαλμοῖσιν | ἀνορᾶν οὔτε τοῖσιν ὡσὶν ἀκούειν δύναται ἀπὸ τοῦ βάρους. ἰδρῶς τε πολὺς καταχεῖται καὶ κάκοδος, μάλιστα μὲν ἦν ἡ ὀδύνη ἔχῃ, καταχεῖται δὲ καὶ ὅταν<sup>2</sup> ἡ ὀδύνη λωφᾶ, καὶ τῆς νυκτὸς<sup>3</sup> μάλιστα. ἡ δὲ χροὴ αὐτοῦ μάλιστα<sup>4</sup> ἰκτερώδης γίνεται. αὕτη ἡ νοῦσος τῆς προτέρης ἦσσον θανατώδης.

Τοῦτον, ὅταν οὕτως ἔχῃ, καθαίρειν τὴν κοιλίην, κάτω μὲν τῷ ἱππόφει, ἄνω δὲ ἐλλεβόρῳ καὶ τὴν κεφαλὴν κάθαιρε τῷ τετραγώνῳ. καὶ ὅταν ὑπὸ τοῦ ἐλλεβόρου κεκαθαρμένος ᾖ, τῇ ὑστεραίῃ ὀνείῳ γάλακτι ἐφθῶ ὑποκαθῆραι, τῇ δὲ τρίτῃ αἰγείῳ ἐφθῶ, καὶ τῇ τετάρτῃ καὶ τῇ πέμπτῃ ἄλλας δ'<sup>5</sup> εἴκοσιν ὥμὸν βόειον ἢ αἰγείον γάλα διδόναι, τρίτον μέρος μελικρήτου παραχέων, πινέτω δὲ τοῦ γάλακτος χοέα. μετὰ δὲ τὴν κάθαρσιν<sup>6</sup> τῶν φαρμάκων ταῦτὰ προσφερέσθω ὅσα καὶ ὁ<sup>7</sup> ὑπὸ τοῦ ὑδέρου ἐχόμενος<sup>8</sup> τὸν δὲ λοιπὸν

<sup>1</sup> Θ: στῇ M.

<sup>2</sup> Θ: ἦν M.

<sup>3</sup> λωφᾶ . . . νυκτὸς Θ: τε καὶ λωφᾶ

τῆς νοῦσου M.

<sup>4</sup> μάλιστα om. M.

<sup>5</sup> δ' om. Θ.

<sup>6</sup> M

adds τὴν κάτω.

<sup>7</sup> Potter: καὶ ὅσα θ' Θ: ᾧ καὶ ὧς M.

<sup>8</sup> Θ:

ἔχεται M.

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and, when it has arrived in the cavity, it migrates again to the inward parts; when it has settled in the inward parts, it rumbles and provokes vomiting, and with it a sharp somewhat putrid scum; after he vomits, the patient is no longer himself. There is distress in the inward parts, and sometimes sharp pain also suddenly fixes itself in the head, so that the patient can neither look up with his eyes, nor hear with his ears, from its gravity. Sweat pours down copious and foul-smelling, especially if the pain is present, though also when it abates, and particularly at night. The patient's colour becomes very jaundiced. This disease is less mortal than the preceding one.

When the case is such, clean the patient's cavity downwards with hippopheos, and upwards with hellebore; clean out his head with square-berry. When he has been cleaned with the hellebore, the next day clean him downwards with boiled ass's milk, the third day with boiled goat's milk, and also the fourth and fifth; for twenty more days give raw cow's or goat's milk, adding one third part of melicrat; let him drink a chous of this milk. After the cleaning, let the patient receive the same medications as a patient with dropsy; from then on, let



χρόνον, τὸ γάλα πίνειν,<sup>1</sup> δειπνείτω δὲ ἄρτον ἕξοπον, ὄψον δ' ἐχέτω σκορπίον ἢ καλλιώνυμον ἢ κόκκυγα ἢ ῥίνης τέμαχος ἐφθὸν ἐν ἀρτύμασι· κρέα δὲ οἶδς ἢ ἀλεκτρυόνος νεοσσοῦ ταῦτα ἐφθά· οἶνον δὲ πινέτω λευκόν, ἣν ξυμφέρῃ· εἰ δὲ μὴ, ἄλλον μέλανα αὐστηρόν. εἶτα<sup>2</sup> περιπατεῖτω ὀλίγα<sup>3</sup> μετὰ τὸ δεῖπνον, φυλασσόμενος ὅπως ἂν<sup>4</sup> μὴ ῥιγώσῃ. τούτῳ ἣν ξυμφέρῃ, τὰ σιτία διδόναι, ἣν δὲ μὴ συμφέρῃ τὰ σιτία,<sup>5</sup> ῥύφημα διδόναι πτισάνης ἢ κέγχρου. ταύτῃ τῇ νούσῳ ἣν τριήκοντα ἡμέραι παρέλθωσιν, ὑγιαίνεται ὠνθρωπος· αὗται γὰρ κρίνουσιν εἰ θανάσιμος ἢ οὐ. ἡ δὲ νοῦσος χαλεπή.

292 50. Ἄλλο παχύ γίνεται τὸ νόσημα ἀπὸ φλέγματος λευκοῦ· ξυνίσταται δὲ ἐν τῇ κοιλίῃ, ὅταν πυρετοὶ πολυχρόνιοι κατάσχωσι τὸ σῶμα. ἄρχεται δὲ τὸ νόσημα ἐκ τοῦ προσώπου γινόμενον, καὶ οἷδημα ἐγγίνεται· εἶτα κατέρχεται ἐς τὴν κοιλίην, καὶ ὅταν ἐν τῇ κοιλίῃ στῇ, αἶρει μεγάλην τὴν γαστέρα· καὶ τὸ σῶμα κοπιᾷ ὥς ὑπὸ ταλαιπωρίας· καὶ ἐν τῇ κοιλίῃ βάρος ἴσχει<sup>6</sup> καὶ πόνος ἰσχυρός· καὶ οἱ πόδες οἰδέουσι. καὶ ὅταν ὕσῃ τῆς γῆς καὶ τῆς κονίας οὐκ ἀνέχεται ὀδμώμενος· ἣν δ' ἐστηκῶς τύχῃ ἐν τῷ ὑσμένῳ<sup>7</sup> καὶ ὀδμήσῃται<sup>8</sup> τῆς γῆς, ἑξαπίνης πίπτει.

<sup>1</sup> Θ: ὁκόταν τὸ γάλα πίνῃ M.    <sup>2</sup> M: εἰ δὲ μὴ Θ.    <sup>3</sup> ὀλίγα om. M.

<sup>4</sup> φ. δ. ἂν Θ: ὅπως M.    <sup>5</sup> τὰ σιτία . . . τὰ σιτία om. Θ.

<sup>6</sup> Θ: ἐς τὴν -ίην β. ἐνῇ M.    <sup>7</sup> Θ: ὑετῶ M.    <sup>8</sup> Θ: ὀδμηθῇ M.



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him drink milk, have for dinner well-baked bread and, as main dish, scorpion fish, star-gazer, piper, or a slice of angel-fish boiled in seasonings, or boiled meat of sheep or chicken; let him drink white wine, if it benefits him; if not, then a different sort of dry dark wine. Then let him go for short walks after dinner, taking care not to have a chill. If it benefits this patient, give him food, but if food does not benefit him, give barley-water or millet gruel. In this disease, if thirty days pass, the person recovers, for this is the critical period that decides whether or not he will die. The disease is severe.

50. Another "thick" disease: this one arises from white phlegm, which congeals in the cavity when longstanding fevers beset the body. The disease begins with a swelling of the face; then it moves down to the cavity and, on becoming established there, raises the belly up large; the body suffers weariness, as if from exertion; in the cavity there is heaviness and a violent ache; the feet swell. When it rains, this patient cannot stand to smell the earth and the dust; if he happens to be standing in the rain, and he smells the earth, he immediately falls down.

Αὕτη ἡ νοῦσος καὶ διαπαύουσα τῆς προτέρης πλείω χρόνον ἐπιλαμβάνει καὶ χρονιωτέρῃ ἀπαλλάσσεται. μελετᾶν δὲ χρὴ τοῖσιν αὐτοῖς οἷσι καὶ τὸν ὑδεριῶντα, πυρίῃσι καὶ φαρμάκοις καὶ ἐδῆσμοις καὶ ταλαιπωρίῃσιν. αὕτη ἡ νοῦσος προσίσχει μάλιστα ἐξ ἑτέρας, εἴτα ἐξέρχεται μελετωμένη ἐν χρόνῳ, ἣν μὴ κατ' ἀρχὰς ἴηθῃ ἡ γὰρ νοῦσος χαλεπὴ καὶ μελέτης δεῖται πολλῆς.

51. Ἰσχυὰς δὲ ἀπὸ τῶνδε μάλιστα γίνεται τοῖσι πολλοῖσιν ἣν εἰληθῇ<sup>1</sup> ἐν ἡλίῳ πολὺν χρόνον καὶ τὰ ἰσχύια διαθερμανθῇ καὶ τὸ ὑγρὸν ἀναξηρανθῇ ὑπὸ τοῦ καύματος τὸ ἐνεὸν ἐν τοῖσιν ἄρθροισιν. ὥς δὲ ἀναξηραίνεται καὶ πήγνυται, τόδε μοι τεκμήριον· ὁ γὰρ νοσέων στρέφεσθαι καὶ κινέειν τὰ ἄρθρα οὐ δύναται ὑπὸ τῆς ἀλγηδόνης τῶν ἄρθρων καὶ τοῦ ξυμπεπηγέναι τοὺς σφονδύλους. ἀλγέει δὲ μάλιστα τὴν ὀσφῦν καὶ τοὺς σφονδύλους<sup>2</sup> τοὺς ἐκ πλαγίων τῶν ἰσχύων καὶ τὰ γούνατα. ἴσταται δὲ ἡ ὀδύνη πλείστον χρόνον ἐν τοῖσι  
294 | βουβῶσιν ἅμα καὶ τοῖσιν ἰσχύοις ὀξέῃ καὶ καυματώδης· καὶ ἦν τις αὐτὸν ἀνιστῇ ἢ μετακινέῃ, οἰμῶζει ὑπὸ τῆς ἀλγηδόνης ὅσον ἂν μέγιστον δύνῃται. ἐνίοτε δὲ καὶ ὁ σπασμὸς ἐπιγίνεται καὶ ῥίγος καὶ πυρετός. γίνεται δὲ τὸ νόσημα<sup>3</sup> ἀπὸ

<sup>1</sup> Coray, Littre: ἔλθῃ ΘΜ.

<sup>2</sup> ἀλγέει . . . σφονδύλους om. Θ.

<sup>3</sup> τὸ ν. Θ: καὶ Μ.

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This disease, even though intermittent, attacks for a longer time than the preceding one, and is relieved later. You must treat with the same things prescribed for a patient with dropsy: vapour-baths, medications, foods and exercises. The disease usually continues for six years; then, if cared for, it gradually goes away, even if at first it was not treated; the disease is severe, and requires much care.

51. Sciatica generally arises from the following, in the majority of cases: if a person is exposed to the sun for a long time, and his hip-joints become heated, and the moisture present in them is dried up by the burning heat. My proof that the moisture is dried up and congealed is this: the patient cannot turn and move his joints, because of the pain in them, and because the vertebrae have become fixed. He has pain especially in the loins, in the vertebrae that grow out of the oblique part of the hip-bone, and in the knees. Sharp burning pain persists longest in the groins, and also in the hip-joints; if someone stands the patient up, or shifts him, he cries out at the top of his voice from the pain. Also, sometimes a convulsion supervenes, or chills and fever. The disease can arise from bile, but also

χολῆς· γίνεται δὲ καὶ ἀπὸ φλέγματος<sup>1</sup> καὶ ἀπὸ αἵματος· καὶ ὀδύναι παραπλήσιαι ἀπὸ πάντων τούτων<sup>2</sup> τῶν νοσημάτων· καὶ ῥίγος καὶ πυρετὸς ἐνίοτε ἐπιλαμβάνει βληχρός.

Ἄλλὰ χρὴ ὧδε μελετᾶν τὸν ἀπὸ τοῦ ἡλίου νοσέοντα. ὑγραίνειν αὐτοῦ τὸ σῶμα τῇ πυριήσει καὶ ἀπὸ τῶν σιτίων καὶ ἀπὸ τῶν<sup>3</sup> ποτῶν καὶ ἀπὸ τῶν ἄλλων τῶν διδομένων διδόναι δὲ χλιαρὰ καὶ ὑγρά, ταῦτα δὲ πάντα ἐφθά. σίτω δὲ χρήσθω μά-  
ζην μαλθακῇ ἀτρίπτω· οἶνον δὲ πινέτω λευκὸν ὕδαρέα. καὶ τῷ σώματι ἡσυχίην ἐχέτω ἣν δὲ καὶ δυνατὸς<sup>4</sup> ἢ ἀνίστασθαι,<sup>5</sup> ὀλίγα περιπατεῖτω καὶ μὴ ῥιγούτω· καὶ ἐκάστης ἡμέρης<sup>6</sup> λούσθω μὴ πολλῶ. καὶ ὅταν σοι δοκῇ καλῶς ἔχειν καὶ ὑγρὸς εἶναι τὸ σῶμα, πυράσαι σφόδρα βληχρῇ τῇ πυρίῃ· μάλλον γὰρ ἀνήσει καὶ ὑγρανεῖ τὸ συμπεπηγὸς ἐκ τῶν ἄρθρων. εἶτα τῇ ὑστεραίῃ πῖσαι τοῦ Κνιδίου κόκκου. ἣν δὲ μὴ ὠφελήσῃ αὐτόν,<sup>7</sup> κλύσαι τοῖσδε χρὴ αὐτόν· τρίβειν κυμίνου ἡμι-  
κοτύλιον, σικύην ἄτμητον τῶν σμικρῶν καὶ στρογ-  
γύλων συγκόψας ἐν τῷ ὄλμῳ, καὶ σήσας ὡς λεπτότατα λίτρου ἐρυθροῦ Αἰγυπτίου τεταρτη-  
μόριον μνᾶς, ὀπτήσας, τρίψας λεῖον, ταῦτα μίξας<sup>8</sup>

<sup>1</sup> γ. δὲ κ. ἀ. φ. Θ: καὶ φλέγματος· γίνεται δὲ M.

καὶ ὑπὸ πάντων M.

<sup>3</sup> ἀπὸ τῶν om. M.

<sup>2</sup> ἀπὸ π. τ. Θ: ὡς

<sup>4</sup> Θ: ἀδύνατος M.

<sup>5</sup> M adds πλὴν.

<sup>6</sup> ἐ. ἡ. after περιπατεῖτω in M.

<sup>7</sup> αὐτόν om. M.

<sup>8</sup> μίξας om. M.

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from phlegm and blood; the pains from all of these diseases are similar; sometimes mild chills and fever are present.

You must treat the patient whose illness is from the sun thus: moisten his body with a vapour-bath, and by means of foods, drinks and other things you give; give these warm and moist, all of them boiled. As cereal let him employ soft unkneaded barley-cake, and drink white wine well mixed with water. Let him rest his body; if he is able to stand up, let him take short walks, but avoid having a chill; let him bathe each day with very little water. When the patient seems to you to be in a good state, and moist of body, apply a very gentle vapour-bath; for that will be effective in moistening and resolving the congealed matter from his joints. Then on the next day have him drink Cnidian berry. If this does not help, you must clean him with the following enema: grind a half-cotyle of cummin, bray an uncut bottle-gourd of the small round kind in a mortar, sift the fourth part of a mina of red Egyptian soda as fine as possible, roast, grind fine, mix

296 ἐμβάλλειν ἐς χυτρίδα, καὶ ἐπιχέαι ἐλαίου κοτύ-  
 λην, μέλιτος ἡμικοτύλιον, οἴνου λευκοῦ γλυκέος<sup>1</sup>  
 κοτύλην, σεύτλου δύο κοτύλας<sup>2</sup> ταῦτα ἐψεῖν, ἕως  
 ἂν δοκέῃ σοι καλῶς ἔχειν τοῦ πάχεος· εἶτα διηθή-  
 σας δι' ὄθονιου, παραμῖξαι αὐτοῖσι μέλιτος Ἀττι-  
 κοῦ | κοτύλην, ἣν μὴ βούλῃ συνεψεῖν τὸ μέλι ἣν  
 δὲ μὴ ἔχῃς Ἀττικόν, κοτύλην τοῦ καλλίστου  
 παραμίσξας δ' ἐψῆσαι ἐν θυίῃ· ἣν δὲ τὸ κλύσμα  
 παχύτερον ᾗ, οἴνου τοῦ αὐτοῦ παραχεῖ πρὸς τὸ  
 πάχος τεκμαιρόμενος· τούτῳ κλύζειν. εἶτα ἔαν  
 χρὴ μέχρι τριῶν ἡμερέων καθαίρεσθαι ἣν δὲ  
 πλέονας ἡμέρας καθαίρηται, βοείου ἢ αἰγείου  
 κοτύλας τρεῖς γάλακτος δοῦναι ἐκπιεῖν. εἶτα  
 σεῦτλα λιπαρά, περιπάσαντα,<sup>3</sup> δοῦναι ἐσθίειν  
 ἄναλτα. ἐκ ταύτης τῆς νούσου πολλοὶ ἤδη χωλοὶ  
 ἐγένοντο.

Ἦν δὲ ἀπὸ χολῆς ἡ νοῦσος γένηται, πῖσαι  
 αὐτὸν ἐλλέβορον κάτω ἢ ὀπὸν σκαμωνίνης· μετὰ  
 δὲ τὴν κάθαρσιν πτισάνης, μέλι παραχέας, δύο  
 τρυβλία δοῦναι ἐκρυφεῖν. τῇ δ' ὑστεραίῃ ἢ τῇ  
 τρίτῃ πυριάσας γάλακτι ὀνείῳ ἐφθῶ ὑποκαθῆραι  
 ἐς ἐσπέρην δὲ σεύτλων ἐφθῶν λιπαρῶν τρία<sup>4</sup>  
 τρυβλία ἐκφαγέτω ἄλφιτα περιπάσας· οἶνον δὲ  
 πινέτω λευκόν, ὕδαρέα, γλυκὺν<sup>5</sup> καὶ νῦν καὶ μετὰ  
 τοῦ φαρμάκου τὴν δόσιν.<sup>6</sup>

<sup>1</sup> γλυκέος om. M.<sup>2</sup> δ. κ. Θ: χυλοῦ M.<sup>3</sup> Θ: -παστα M.<sup>4</sup> σεύτλων . . . τ. Θ: τεύτλου λιπαροῦ δύο M.<sup>5</sup> γλυκὺν om. Θ.<sup>6</sup> Θ: κάθαρσιν M.

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these together, and pour into a pot; add a cotyle of oil, a half-cotyle of honey, a cotyle of sweet white wine, and two cotylai of beets; boil these until you think they have the proper consistency; then strain through a linen cloth, and add a cotyle of Attic honey to them. if you do not wish to boil the honey together with them; if you do not have Attic honey. mix in a cotyle of the best kind you have, and boil in a mortar; if the fluid is too thick, pour in some of the same wine, judging according to the thickness; administer as an enema. Allow the patient to be cleaned out for three days; however, if the cleaning goes on for longer, give him three cotylai of cow's or goat's milk to drink off. Then give him beets boiled in grease to eat, without salt, but generously sprinkled with meal. From this disease many persons have become lame.

If the disease has arisen from bile, have the patient drink hellebore to clean downwards, or scammony juice; after the cleaning, as gruel give him two bowls of barley-water with honey, to drink off. On the next day, or the day after that, administer a vapour-bath, and clean downwards with boiled ass's milk; towards evening, let the patient eat three bowls of beets boiled in grease and sprinkled with meal; let him drink a sweet white wine diluted with water, both now and after the medication has been given.

Ἦν δὲ ἀπὸ φλέγματος νοσήση, πῖσαι αὐτὸν τοῦ Κνιδίου κόκκου ἢ τοῦ ἱππόφειω πυριάσας· μετὰ δὲ τὴν κάθαρσιν ταῦτα προσφέρειν καὶ ῥυφήματα καὶ ποτὰ καὶ γαλακτοπωσίην. τὰς δὲ μεταξὺ τῶν ἡμερέων διαίτῃ χρήσθω ὡς κουφοτάτῃ. καὶ ἦν μὲν ὑπὸ τούτων ὠφελῆται, ἄλλις ἦν δὲ μή, καῦσαι αὐτόν, τὰ μὲν ὁστώδεα μύκησι, τὰ δὲ σαρκώδεα σιδηρίοισι πολλὰς ἐσχάρας καὶ βαθείας.

Ἦν δὲ ὑφ' αἵματος νοσέη, πυριήσας σικύην προσβάλλειν, καὶ φλεβοτομέειν τὰς ἐν τῇσιν ἰγνύησι φλέβας· ἦν δὲ δοκέη, καὶ τοῦ Κνιδίου κόκκου πῖσαι αὐτόν. διαίτῃ δὲ χρήσθω ὡς ξηροτάτῃ οἶνον δὲ μᾶλλον μὲν μὴ πινέτω ἦν δ' ἄρα καὶ πίνῃ, ὡς ἐλάχιστον καὶ ὑδαρέστατον. καὶ περιπατεῖν κελεύειν, ἦν δυνατὰς ἦ, ὡς πλεῖστα·  
 298 συμφέρει δὲ καὶ τῷ | ἀπὸ τοῦ φλέγματος νοσέοντι ταῦτα ποιεῖν. ἦν δὲ μὴ δύνηται ἴστασθαι, ἐν τῇ κλίνῃ χρὴ περιστρέφειν<sup>1</sup> ὡς πυκνότατα—ἀφ' οὗ ἂν νοσέη, πάντας<sup>2</sup> ὁμοίως—ὅπως ἂν ἐντὸς μὴ ξυμφυῇ ὁ χόνδρος· ἦν δὲ ξυμφυῇ καὶ τὰ ἄρθρα συμπαγῇ, πᾶσα ἀνάγκη χωλὸν ἐστὶ γενέσθαι.<sup>3</sup> καὶ ἦν κλύσαι βούλῃ τὸν ἀπὸ τοῦ αἵματος νοσέοντα, ὥστε αἷμα ἀπάγειν καὶ φλέγμα ἀπὸ τῶν ἰσχύων, τοῖσδε χρὴ κλύζειν ἁλὸς δραχμίδα τρίψας, παραμῖξαι ἐλαίου κοτύλην καὶ ἀπὸ κριθέων

<sup>1</sup> Θ: -φέρειν M.

<sup>2</sup> Θ: καὶ ἅπαντα M.

ἄνθρωπον.

<sup>3</sup> M adds τὸν



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If the patient's illness is caused by phlegm, administer a vapour-bath, and have him drink Cnidian berry or hippopheos; after the cleaning, administer the same gruels, potions and milk-drinks. On the days between, let him follow as light a regimen as possible. If he is benefited by these things, fine; if not, cauterize him, the osseous parts with fungi, the fleshy ones with irons, making many deep eschars.

If the patient's illness is caused by blood, after a vapour-bath apply a cupping instrument and phlebotomize the vessels in the ham; if it seems advisable, also have him drink Cnidian berry. Let him follow a very dry regimen; wine he had better not drink, but if he does drink it, let it be very little and very dilute. Order him to take walks, if he is able, and as many as possible; it also benefits the person ailing because of phlegm to do the same. If this patient cannot stand up, you must turn him over in bed very frequently—all patients alike, whatever the source of their sickness—in order that the cartilage within does not grow together; if it does grow together, and the joints become fixed, the patient will inevitably become lame. If you wish to administer an enema to the patient whose disease is caused by blood, in order to draw blood and phlegm out of his hip-joints, you must employ the following one: grind a handful of salt, mix together with it

ὀπτῶν τρεῖς<sup>1</sup> κοτύλας, εἶτα οὕτω κλύζειν τοῦτον. οὕτω μελετῶν τάχιστα ὑγιᾶ ποιήσεις. ἡ δὲ νοῦσος<sup>2</sup> χρονίη.

52. Τέτανοι τρεῖς ἦν μὲν ἐπὶ τρώματι γένηται, πάσχει τάδε αἱ γένυες πῆγνυνται, καὶ τὸ στόμα διαίρειν οὐ δύναται καὶ οἱ ὀφθαλμοὶ δακρύουσι καὶ ἔλκονται, καὶ τὸ μετάφρενον πέπηγε, καὶ τὰ σκέλεα οὐ δύναται συγκάμπτειν, οὐδὲ τὰς χεῖρας καὶ<sup>3</sup> τὴν ῥάχιν. ὅταν δὲ θανατώδης ᾖ, καὶ τὸ ποτὸν καὶ τὰ βρώματα, ἃ πρότερον ἐβεβρώκει, ἀνὰ τὰς ῥῖνας ἀνέρχεται ἐνίοτε.

Τοῦτον, ὅταν οὕτως ἔχῃ, πυριᾶν, καὶ ἀλείψαντα λιπαρῶς, πρὸς πῦρ ἔκαθεν<sup>4</sup> θάλπειν καὶ χλιασματα προστιθέναι ὑπαλείψας τὸ σῶμα. καὶ<sup>5</sup> ἀψίνθιον ἢ φύλλα δάφνης ἢ τοῦ ὑοσκυάμου τὸν καρπὸν τρίψας καὶ λιβανωτόν, εἶτα οἶνω λευκῷ διεῖς ἐγχέαι εἰς χυτρίδα καινὴν· εἶτα ἐπιχέαι ἔλαιον ἴσον τῷ οἶνῳ, καὶ θερμήνας ἀλεῖψαι τὸ σῶμα θερμῷ πολλῷ<sup>6</sup> καὶ τὴν κεφαλὴν. εἶτα κατακλίνας ἵεν σκάφη<sup>7</sup> ἄνω τὴν σάρκα ποιῆσαι, καὶ ἀμφιέσαι ἱμάτια μαλθακὰ καὶ καθαρὰ, ὅπως  
 300 ἂν ἐξιδρώσῃ σφόδρα. καὶ μελί|κρητον χλιαρὸν δοῦναι, ἣν μὲν δύνηται, κατὰ τὸ στόμα, εἰ δὲ μή, κατὰ τὰς ῥῖνας ἐγχεῖν· διδόναι δὲ καὶ οἶνον λευκὸν

<sup>1</sup> δ. τ. Θ: ἐφθῶν δύο M.

<sup>2</sup> M adds χαλεπή καὶ.

<sup>3</sup> Θ: οὐδὲ M.

<sup>4</sup> M: πυραναφθεν Θ.

<sup>5</sup> M: ἢ Θ.

<sup>6</sup> πολλῷ om. Θ.

<sup>7</sup> Potter: ἐν βάπτει Θ: ἐμβατῇ M.

<sup>8</sup> Θ: -αντα M.

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a cotyle of oil and three cotylai of juice from parched barley; then apply this to the patient. If you treat in this way, you will very quickly make the patient well. The disease lasts a long time.

52. Three tetanuses: if tetanus follows a wound, the patient suffers the following: his jaws are fixed, and he is unable to open his mouth; his eyes shed tears and look awry; his back becomes rigid; he cannot bend his legs, nor his arms and spine. When he is near death, sometimes both the drink and the food that he has taken earlier come up through his nostrils.

When the case is such, treat the patient with vapour-baths, anoint him generously with oil, and warm him in firelight from a distance; anoint his body, and apply fomentations. Grind wormwood, bay leaves, or henbane seed with frankincense; soak this in white wine, and pour it into a new pot; add an amount of oil equal to the wine, warm, and anoint the patient's body copiously with the warm fluid, and also his head. Then, laying him down in a basin, make his tissue . . . ,<sup>1</sup> and clothe him in clean soft blankets, in order that he will perspire profusely. Give him warm melicrat, if he is able to take it, through the mouth; if he is not able, pour it into his nostrils; also give him very sweet white

<sup>1</sup> The sense of this passage is lost.

κὸν ὡς ἥδιστον πίνειν καὶ πλεῖστον. ταῦτα χρή ποιεῖν ἐκάστης ἡμέρης, ἕως ἂν ὑγιὴς γένηται. ἡ δὲ νοῦσος χαλεπὴ καὶ δεῖται μελέτης παραχρῆμα.

53. Ὁ δὲ ὀπισθότονος τὰ μὲν ἄλλα πάσχει πλῆθος τὰ αὐτά· γίνεται δὲ ὅταν τοὺς ἐν τῷ ἀν-  
χένι τένοντας τοὺς ὀπισθεν νοσήσῃ νοσέει δὲ ὑπὸ  
κυνάγχης ἢ σταφυλῆς ἢ τῶν ἀμφιβραγχίων ἐμ-  
πύων γενομένων ἐνίοισι<sup>1</sup> δὲ καὶ ἀπὸ τῆς κεφαλῆς  
πυρετῶν ἐπιγενομένων σπασμὸς ἐπιγίνεται ἤδη  
δὲ καὶ ὑπὸ τραυμάτων. οὗτος ἔλκεται ἐς τοῦπι-  
σθεν, καὶ ὑπὸ τῆς ὀδύνης τὸ μετάφρενον καὶ τὰ  
στήθεα οἰμῶζει καὶ οὕτω<sup>2</sup> σπᾶται σφοδρῶς, ὥστε  
μόγισ αὐτὸν κατέχουσιν οἱ παρεόντες, ὥστε<sup>3</sup> μὴ  
ἐκ τῆς κλίνης ἐκπίπτειν. οὗτος πολλάκις μὲν τῆς  
ἡμέρης πονέει, πολλάκις δὲ κουφότερον διάγει.

Τούτῳ τὰ αὐτὰ προσφέρειν, ἃ καὶ τῷ πρόσθεν.  
ἡ δὲ νοῦσος προσίσχει ἡμέρας τεσσεράκοντα τὸ  
μακρότατον ἢν δὲ ταύτας διαφύγῃ, ὑγιαίνεται.

54. Ὅδε δὲ ὁ<sup>4</sup> τέτανος ἥσσον θανατώδης ἢ ὁ  
πρόσθεν, γίνεται δὲ ἀπὸ τῶν αὐτῶν. πολλοὶ δὲ  
καὶ πεσόντες ἐς τοῦπισθεν ἔλαβον τὸ νόσημα.  
πάσχει οὖν τάδε· σπᾶται ὁμοίως πᾶν<sup>5</sup> τὸ σῶμα·  
ἐνίστε δὲ καὶ ὅπῃ ἂν τύχῃ τοῦ σώματος σπᾶται.  
καὶ περιφοιτᾷ μὲν τὸ πρῶτον ἔπειτα προϊόντος  
τοῦ χρόνου ἐς τὴν κλίνην πίπτει καὶ αὖτις

<sup>1</sup> Θ: ἐνίστε M.

<sup>2</sup> κ. ο. Θ: οὗτος M.

<sup>3</sup> Θ: ὡς M.

<sup>4</sup> Θ: Ὁ δὲ M.

<sup>5</sup> ὁ. π. Θ: ὅλον M.

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wine to drink, in large quantities. You must do these things each day until the patient recovers. The disease is severe, and requires immediate attention.

53. The patient with opisthotonus suffers, on the whole, the same, but the disease arises when he is affected in the posterior tendons of the neck; his illness arises from angina, from staphylitis, or from a suppuration occurring in the parts about the tonsils; also, in some cases, such a convulsion originates from the head, when there are fevers; occasionally it also follows wounds. This patient is drawn backwards, and cries aloud from the pain in his back and chest; he is drawn so forcefully that the attendants can hardly prevent him from falling out of bed. In the course of one day, he often suffers severely, but at other times goes along more easily.

Administer to this patient the same things as to the preceding one. The disease continues for forty days, at the longest; if the patient survives these, he recovers.

54. The following tetanus is less often mortal than the preceding one, but it arises from the same things; many people have also taken it by falling backward. Now the patient suffers the following: he has a convulsion equally through his whole body; sometimes, though, the convulsion is just in some random part of the body. At first, he walks about; then, after a time, he falls into bed; then the

302 ἀνῆκεν ὁ πόνος καὶ ὁ σπασμός. καὶ ἀναστὰς ἦν  
 περιέλθῃ ὀλίγας ἡμέρας, ἔπειτα αὗτις ἐν τοῖσιν  
 αὐτοῖσιν ἄλγεσιν κείται. ταῦτα | πάσχει καὶ  
 μεταβάλλει συχνὸν χρόνον. καὶ ἦν τι φάγη, οὐ  
 διαχωρεῖ κάτω, εἰ μὴ μόγῃς, καὶ ταῦτα συγκε-  
 καυμένα· ἀλλ' ἐν τοῖσι στήθεσιν ἔχει<sup>1</sup> τὸ σιτίον  
 καὶ πνίγμα παρέχει.

Τοῦτον τοῖς αὐτοῖσι θεραπεύειν, οἷσι καὶ τοὺς  
 πρόσθεν, καὶ τάχιστα ὑγιᾶ ποιήσεις· κλύζειν  
 πτισάνῃ ἐφθῇ λεπτῇ καὶ μέλιτι.

<sup>1</sup> Θ: ἄρχεται Μ.

## INTERNAL AFFECTIONS

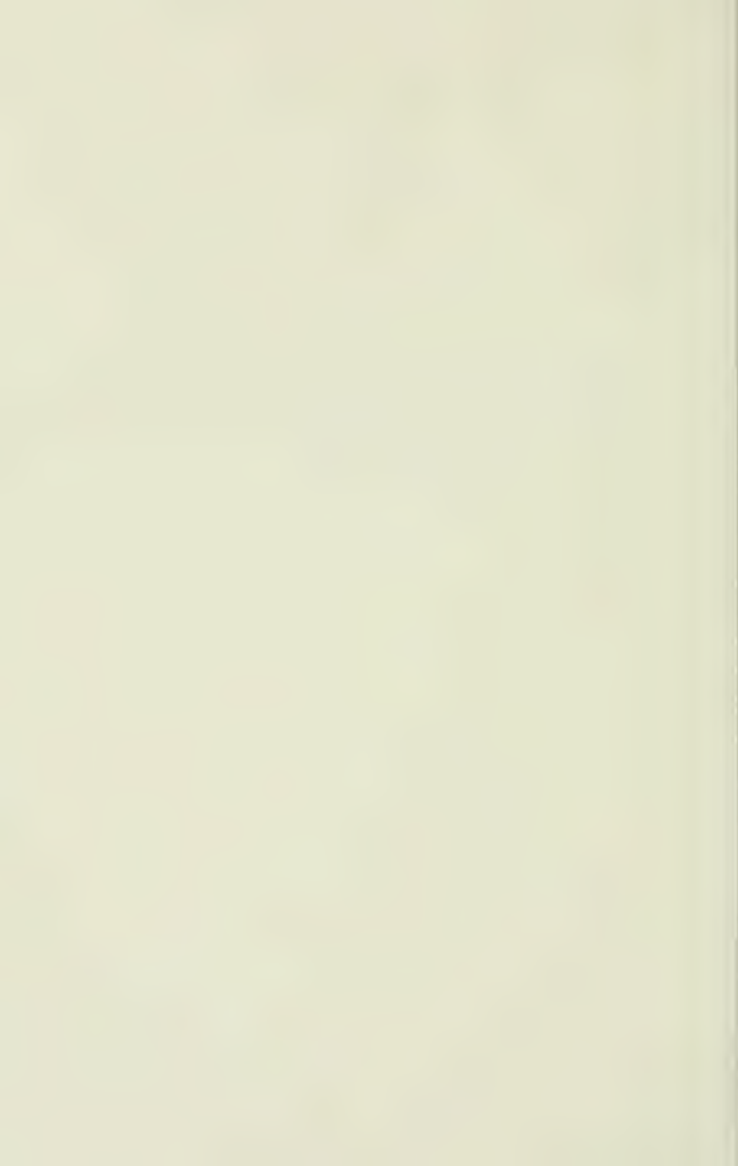
pain and convulsions remit again; then, if he gets up and goes about for a few days, he labours once more under the same pains. This is the nature of his symptoms and how they continually change. If the patient eats anything, it does not pass off below or, if it does, only a little, and that burnt up; more likely, he retains his food in his chest, and it provokes choking.

Treat this patient with the same things as the preceding ones, and you will very quickly make him well. As enema, employ thin boiled barley-water and honey.





REGIMEN IN ACUTE DISEASES  
(APPENDIX)



## INTRODUCTION<sup>1</sup>

This piece of text is a continuation of *Regimen in Acute Diseases* (Loeb *Hippocrates*, II. 57–125). The manuscript A introduces it as “the spurious addition to *Barley-Gruel*”,<sup>2</sup> M and V as the “beginning of the spurious part”.

Erotian lists *Barley-Gruel* (Περὶ πτισάνης)<sup>3</sup> among the therapeutic writings of Hippocrates and, from the words he includes in his glossary, it is clear that he accepts the *Appendix* as a part of the work.<sup>4</sup>

Galen has left us a long commentary on *Regimen in Acute Diseases* including the *Appendix*. In the introduction to the part of his commentary devoted to the *Appendix*, he discusses the various arguments that were advanced in his time for and against authenticity.<sup>5</sup>

Athenaeus quotes a word from:

<sup>1</sup> The transmission of the text of this treatise is discussed above, p. xi f.

<sup>2</sup> Galen too knew this title; see Kühn VII. 913.

<sup>3</sup> Nachmanson p. 9.

<sup>4</sup> See in particular (Nachmanson p. 81) Σ48 σποράδες νοῦσαι from *Regimen in Acute Diseases* 5, Σ49 σπατίλη from *Regimen in Acute Diseases* 28, and Σ50 σησαιοιδές from the *Appendix*, ch. 60.

<sup>5</sup> Kühn XV. 732–734 = CMG V 9,1 pp. 271 f.

## REGIMEN IN ACUTE DISEASES (APPENDIX)

Hippocrates in *Barley-Gruel*, which is half spurious, or according to some wholly. . . .<sup>1</sup>

Caelius Aurelianus makes reference to several passages from the *Appendix*, four times citing Hippocrates' book *Against the Cnidian Maxims*,<sup>2</sup> and once Hippocrates' *On Regimen*.<sup>3</sup> From this, it would seem that he did not distinguish between "genuine" and "spurious" parts of *Regimen in Acute Diseases*.

Modern discussion on the relationship of the two parts is summarized well by Joly in the introduction to his edition.<sup>4</sup>

About the *Appendix* as a treatise, there is little to say. Its chapters, although for the most part internally coherent, bear little relationship to one another, and, except for certain poorly defined centres of interest (e.g. in 1-18 nosology; in 19-29 semiology; in 43-50 dietetics), no ordering principle is discernible. It is not known how the treatise came into its present form.

<sup>1</sup> *Deipnosophistae* II 57c.

<sup>2</sup> *Acute Diseases* III 25 (Drabkin 314) refers to *Appendix* 9; *Acute Diseases* III 83 f. (Drabkin 352) refers to *Appendix* 37; *Chronic Diseases* III 139 f. (Drabkin 802) refers to *Appendix* 52 and 58; *Chronic Diseases* IV 77 (Drabkin 862-4) refers to *Appendix* 53.

<sup>3</sup> *Acute Diseases* II 154 (Drabkin 236) refers to *Appendix* 34.

<sup>4</sup> Pp. 11-14.

## REGIMEN IN ACUTE DISEASES (APPENDIX)

The *Appendix* has been included in all the standard collected editions and translations of the Hippocratic Collection, and in the editions of *Regimen in Acute Diseases*. Besides the works mentioned by Jones (II. 61), I have also made reference to:

Τὸ περὶ διαίτης ὀξέων νοσημάτων, ἥτοι περὶ πτισσάνης.  
*De victus ratione in morbis acutis, sive De ptisanâ* . . . Ioanne Vassaeo interprete. Paris, 1531.

Robert Joly, *Hippocrate, Du régime des maladies aiguës, Appendice*, . . ., Budé VI(2), Paris, 1972. (= Joly)

The standard edition of Galen's commentary on *Regimen in Acute Diseases* is:

Georg Helmreich, *Galenî in Hippocratis De victu acutorum commentaria IV*, CMG V 9.1, Leipzig and Berlin, 1914. pp. 115–366.

An English translation of the *Appendix* appeared in:

Francis Adams, *The Genuine Works of Hippocrates*, London, 1849, I. 313–36.

ΠΕΡΙ ΔΙΑΙΤΗΣ ΟΞΕΩΝ (ΝΟΘΑ)

II 394  
Littre

1. Καῦσος γίνεται, ὁπότεν ἀναξηρανθέντα τὰ φλέβια ἐν θερινῇ ὥρῃ ἐπισπάζεται δριμέας καὶ χολώδεας ἰχῶρας ἐφ'<sup>1</sup> ἑωυτά· καὶ πυρετὸς πολὺς ἴσχει, τό τε σῶμα ὥς ὑπὸ κόπου<sup>2</sup> ἐχόμενον κοπιᾷ καὶ ἀλγέει. γίνεται δὲ ὥς ἐπὶ τὸ πολὺ καὶ ἐκ πορείης μακρῆς καὶ δίψης μακροῦ, ὁπότεν ἀναξηρανθέντα τὰ φλέβια δριμέα καὶ θερμὰ ρεύματα ἐπισπάζεται. γίνεται δ' ἡ γλῶσσα τρηχεΐη καὶ ξηρὴ καὶ μέλαινα, καὶ τὰ περὶ τὴν νηδὺν δακνόμενος ἀλγέει, τά τε ὑποχωρήματα ἔξυγρα καὶ ὠχρὰ γίνεται καὶ δίψαι σφοδραὶ ἔννεισι, καὶ ἀγρυπνίῃ, ἐνίοτε δὲ καὶ | παραλλάξιος φρενῶν.

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Τῷ τοιῷδε πίνειν μὲν ὕδωρ τε καὶ μελίκρητον δίδου ἐφθὸν ὑδαρές, ὁπόσον ἐθέλει, καὶ ἦν πικρὸν τὸ στόμα γίνηται, ἐμέειν συμφέρεи καὶ τὴν κοιλίην ὑποκλύσαι ἦν δὲ μὴ πρὸς ταῦτα λύηται, γάλακτι ὄνου ἀφειψήσας κάθαιρε. ἄλμυρὸν δὲ μηδὲν μηδὲ δριμὺ προσφέρειν, οὐ γὰρ ὑποίσει ρύφημα δέ, ἔστ' ἂν ἔξω τῶν κρίσεων<sup>3</sup> γίνηται, μὴ δίδου, καὶ ἦν αἷμα ἐκ τῆς ῥινὸς ῥυῇ, λύεται τὸ πάθος.

<sup>1</sup> A: ἐς MV.

<sup>2</sup> A: ὀστεοκόπου MV.

<sup>3</sup> A: κρίσιμων MV.

## REGIMEN IN ACUTE DISEASES (APPENDIX)<sup>1</sup>

1. Ardent fever occurs when the small vessels are dried up in summer, and attract sharp bilious sera; there is great fever, and the body, as if from toil, suffers weariness and pain. This disease usually follows a long journey and prolonged thirst, when the vessels, being dried up, attract sharp hot fluxes. The tongue becomes rough, dry and dark, the patient has a gnawing pain about the belly, and his evacuations are watery and pale yellow; great thirst is present, sleeplessness, and sometimes also aberrations of the mind.

Give such a patient water and dilute boiled melicrat to drink, as much as he wants. If his mouth is bitter, it helps to have him vomit, and to clean out his cavity by means of an enema; if, with this, the cavity is not opened, clean it with boiled-down ass's milk. Administer nothing salty or sharp, for the patient will not tolerate it; do not give gruels until he is beyond his crises. If blood flows from the

<sup>1</sup> Literally NOOA means "spurious".

καὶ ἦν ἰδρῶτες ἐπιγένωνται<sup>1</sup> κριτικοὶ γνήσιοι μετ' οὔρων παχέων, λευκῶν καὶ λείων ὑφισταμένων, καὶ ἦν ἀπόστημά που γένηται. ἦν δ' ἄνευ τούτων λυθῇ, ὑποστροφῇ πάλιν ἔσται τῆς<sup>2</sup> ἀρρωστήης ἢ ἰσχίου<sup>3</sup> ἢ σκελέων ἄλγημα συμβήσεται. καὶ πτύσεται παχέα, ἦν μέλλη ὑγιῆς ἔσεσθαι.

398 2. Καύσου γένος ἄλλο. κοιλίῃ ὑπάγουσα δίψεος μεστή, γλῶσσα τρηχεΐη, ξηρή, ἄλυ|κώδης, οὔρων ἀπόληψις, ἀγωνίη,<sup>4</sup> ἀκρωτήρια ἐψυγμένα. τῷ τοιούτῳ ἦν μὴ αἷμα ἐκ ῥινὸς ῥυῇ ἢ ἀπόστημα περὶ τράχηλον γένηται ἢ σκελέων ἄλγημα καὶ πτύσματα παχέα πτύση—ταῦτα δὲ συστάσης τῆς κοιλίης γίνεται—ἢ ἰσχύων<sup>5</sup> ὀδύνη ἢ αἰδοίων<sup>5</sup> πελῖωμα, οὐ κρίνεται καὶ ὄρχις ἐνταθεὶς κριτικόν. ῥυφήματα ἐπισπαστικὰ δίδου.

3. (2 L.) Τὰ ὀξέα πάθεα φλεβοτομήσεις, ἦν ἰσχυρὸν φαίνεται τὸ νόσημα καὶ οἱ ἔχοντες ἀκμάζωσι τῇ ἡλικίῃ καὶ ῥώμῃ. ἦν μὲν οὖν σύναγχος ἦ, ἐκλεικτῷ ἀνακάθαιρε, ἦν δὲ ἄλλο τι, τῷ πλευριτικῷ ἦν δὲ ἀσθενέστεροι φαίνωνται ἢ καὶ πλεόν τοῦ αἵματος ἀφέλγης, κλυσμῷ κατὰ<sup>6</sup> κοιλίην χρῆσθαι διὰ τρίτης ἡμέρης, ἕως ἂν ἐν ἀσφαλείῃ γένηται ὁ νοσέων, καὶ λιμῷ εἰ χρήζοι.<sup>7</sup>

<sup>1</sup> MV: -γεννῶνται A.

<sup>2</sup> τῆς om. A.

<sup>3</sup> A: -ων MV.

<sup>4</sup> A: ἀγρυπνίη MV.

<sup>5</sup> A: -ου MV.

<sup>6</sup> MV: κάτω A.

<sup>7</sup> Littre: λιμῷ εἰ χ. A: λιμῷ χρήζοι MV: λιμῷ χρήζη Joly.



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nose, the affection is resolved; also if true critical sweats supervene, accompanied by thick white urines having a fine sediment, and also if an abscess forms anywhere. If it is resolved without these, there will be a recurrence of the ailment, or pain in the hip or legs will follow. If a patient is going to recover, he will also expectorate thick sputa.

2. Another kind of ardent fever: the cavity in downward motion, full of thirst; tongue rough, dry, salty; stoppage of urine; distress; extremities cold. In such a patient, unless blood flows from the nose, or an abscess forms about the neck, or there is pain in the legs, and he expectorates thick sputa—these things happen when the cavity is contracted—or unless pain arises in the hips, or there is lividness of the genital organs, the disease does not reach a crisis; a testicle being stretched tight is also an indication of crisis. Give gruels that attract.<sup>1</sup>

3. The acute affections you treat with phlebotomy, if the disease seems to be severe, and patients are at the height of their youth and strength. If it is a case of angina, clean upwards with a lozenge, if some other disease, employ the treatment used in pleurisy.<sup>2</sup> If patients appear too weak, or you have drawn much blood, use an enema for the cavity every other day until the patient reaches safety, and fasting if he should require it.

<sup>1</sup> I.e. that attract and eliminate the peccant material.

<sup>2</sup> Perhaps a reference to chapter 31 below.

400 4. (3 L.) Φλεγμαίνοντα ὑποχόνδρια, τῇ<sup>1</sup> πνευ-  
 μάτων ἀπολήψει φρενῶν ἐντάσεις, πνευμάτων  
 προστάσεις ὀρθοπνοίης ξηρῆς—οἷσι μὴ πύον  
 ὕπεστιν, ἀλλὰ ὑπὸ πνευμάτων ἀπολήψιος τὰ  
 πάθεα ταῦτα ὑπογίνεται<sup>2</sup>—καὶ ἥπατος περιωδυ-  
 νίαί καὶ σπληνὸς βάρεια καὶ ἄλλαι φλεγμασίαι τε  
 καὶ ὑπὲρ φρενῶν περιωδυνίαί καὶ συστροφαὶ νοση-  
 μάτων<sup>3</sup> οὐ δύνανται λύεσθαι, ἣν τις πρῶτον ἐπι-  
 χειρέῃ φαρμακεύειν ἀλλὰ φλεβοτομίῃ τῶν τοιῶν-  
 δε ἡγεμονικόν ἐστιν. ἔπειτα δὲ ἐπὶ κλυσμόν, ἣν  
 402 μὴ μέγα καὶ ἰσχυρόν | τὸ νόσημα ἦ εἰ δὲ μὴ καὶ  
 ὕστερον φαρμακεύῃς δεῖ δεῖται δὲ ἀσφαλείης καὶ  
 μετριοτήτος μετὰ φλεβοτομίην φαρμακεύῃ.

5. Ὅπόσοι δὲ τὰ φλεγμαίνοντα ἐν ἀρχῇ τῶν  
 νούσων ἐπιχειροῦσιν λύειν φαρμακεύῃ, τοῦ μὲν συν-  
 τεταμένου καὶ φλεγμαίνοντος οὐδὲν ἀφαιρέου-  
 σιν—οὐ γὰρ διαδιδόι ὥμὸν ἐὼν τὸ πάθος—τὰ δ' ἀν-  
 τέχοντα τῷ νοσήματι καὶ ὑγιεινὰ συντήκουσιν.  
 ἀσθενέος δὲ τοῦ σώματος γινομένου τὸ νόσημα ἐπι-  
 κρατεῖ ὅταν δὲ τὸ νόσημα ἐπικρατήσῃ τοῦ σώμα-  
 τος, τὸ τοιόνδε ἀνιήτως ἔχει.

404 6. (4 L.) Τὸ δὲ ἄφωνον ἐξαίφνης γενέσθαι,  
 φλεβῶν ἀπολήψιες λυπέουσιν, ἣν ὑγιαίνουντι τόδε  
 συμβῇ ἄνευ προφάσιος ἢ ἄλλης αἰτίας ἰσχυρῆς.  
 φλεβοτομέειν οὖν τὸν βραχίονα τὸν δεξιὸν τὴν

<sup>1</sup> Potter: μὴ AMV: ἐπὶ Reinhold.

<sup>2</sup> MV add μάλιστα δέ.

<sup>3</sup> A adds α.

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4. Swelling of the hypochondrium, tension of the diaphragm from the stoppage of air, blockage of air in dry orthopnoea—in patients without suppuration, but in whom these affections are due to a stoppage of air—severe pains in the liver, heaviness of the spleen and other phlegmasias, and severe pains and disease complexes above the diaphragm can all not be resolved if a person undertakes first to treat with medications; but phlebotomy is the master of such things. Then an enema, unless the disease is great and severe; if it is great and severe, the patient must employ a medication later as well; the use of medications after phlebotomy requires caution and moderation.

5. Those who undertake to resolve swellings at the beginning of diseases, by using medications, draw off nothing of what is stretched and swollen—for the affection does not go away as long as it is unmaturing—but consume the healthy elements that are resisting the disease. The body weakens and the disease is victorious, and when the disease wins out over the body, such a thing is incurable.

6. Suddenly becoming speechless: stoppage of the vessels produces this evil, if it befalls a healthy person without any antecedent condition or other potent cause. Phlebotomize the inner vessel of the

ἔσω φλέβα καὶ ἀφαιρέειν τοῦ αἵματος κατὰ τὴν ἕξιν καὶ τὴν ἡλικίην διαλογιζόμενον τὸ πλεῖον καὶ τὸ ἔλασσον. συμπίπτει δὲ τοῖσι πλείστοις τοιάδε ἐρυθήματα προσώπου, καὶ ὀμμάτων στάσιες, καὶ διαστάσιες χειρῶν, τρισμοὶ ὀδόντων, σφυγμοί, σιαγόνων συναγωγή, καὶ κατάψυξις ἀκρωτηρίων.

7. (5 L.) Πνευμάτων ἀπολήψεις ἀνὰ φλέβας, ὁπότεν ἀλγήματα προσγένηται, μελαίνης χολῆς  
406 | καὶ δριμέων ῥευμάτων ἐπιρρύσιες γίνονται ἀλγεί<sup>1</sup> δὲ τὰ ἐντὸς δακνόμενος· δηχθεῖσαι δὲ καὶ λίην ξηραὶ γενόμεναι αἱ φλέβες ἐντείνονται τε καὶ φλεγμαίνουσαι ἐπισπῶνται τὰ ἐπιρρέοντα ὅθεν διαφθαρέντος τοῦ αἵματος καὶ τῶν πνευμάτων οὐ δυναμένων ἐν αὐτῷ τὰς κατὰ φύσιν ὁδοὺς βαδίζειν καταψύξιές τε γίνονται ὑπὸ τῆς στάσιος καὶ σκοτώσιες καὶ ἀφωνίη καὶ καρηβαρίη ἢ καὶ σπασμοί, ἣν ἤδη ἐπὶ τὴν καρδίην ἢ τὸ ἥπαρ ἢ ἐπὶ τὴν φλέβα ἔλθῃ· ὅθεν ἐπίληπτοι γίνονται ἢ παραπληγες, ἣν ἐς τοὺς περιέχοντας τόπους ἐμπέσῃ τὰ ῥεύματα καὶ ὑπὸ τῶν πνευμάτων οὐ δυναμένων διεξιέναι καταξηρανθῇ.

408 8. Ἀλλὰ χρὴ τοὺς | τοιούτους προπυριῶντα φλεβοτομέειν ἐν ἀρχῇ εὐθέως μετεώρων ἐόντων πάντων τῶν λυπεόντων ῥευμάτων<sup>2</sup> εὐβοθητό-

<sup>1</sup> MV: ἀλγείται A  
καὶ ῥευμάτων MV.

<sup>2</sup> Kuehlewein: πνευμάτων A: πνευμάτων

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right arm and draw blood, reckoning whether more or less according to the patient's condition and age. The following occur in most cases: red patches on the face, fixation of the eyes, spreading of the fingers, grinding of the teeth, throbbing, closing of the jaws, and coldness of the extremities.

7. Stoppage of air through the vessels: when pains come on, affluxes of dark bile and sharp fluids are occurring; the patient suffers gnawing pains in his inward parts. The vessels, being irritated and too dry, stretch tight, swell up, and attract the fluxes; from this, since the blood becomes disordered and the air is no longer able to follow its normal paths through the blood, chills occur as a result of stasis, along with darkening of the vision, loss of speech, heaviness of the head, and even convulsions, if the fluxes have already reached the heart, liver, or vessel<sup>1</sup>; from this, patients become epileptic or are paralysed, if the fluxes invade the surrounding parts and are dried up because air cannot pass through.

8. After first subjecting such patients to a vapour-bath, you must phlebotomize right at the onset, while all the injurious fluids are unsettled;

<sup>1</sup> Presumably one of the large vessels such as the aorta or the vena cava.

τερα γάρ ἐστιν καὶ ἀναλαμβάνοντα καὶ τὰς κρίσιαις ἐπιθεωρόντα φαρμακεύειν, ἣν μὴ κουφίζεται. ἄνω τὴν δὲ κάτω κοιλίην, ἣν μὴ ὑποχωρή κλυσμῶ, ὄνου γάλα ἐφθὸν δίδου, καὶ πινέτω μὴ ἔλασσον δώδεκα κοτυλῶν ἣν δὲ ῥώμη περιέχῃ, πλείω [ἐκκαίδεκα].<sup>1</sup>

9. (6 L.) Σύναγχος δὲ γίνεται, ὁπότεν ἐκ τῆς κεφαλῆς ῥεῦμα πολὺ καὶ κολλῶδες ὥρην χειμερινὴν ἢ ἔαριν<sup>2</sup> ἐς τὰς σφαγίτιδας φλέβας ἐπιρ-  
 410 ρυῇ, καὶ τὸ ῥεῦμα<sup>3</sup> πλέον | διὰ τὴν εὐρύτητα ἐπι-  
 σπάσωνται. ὅταν δὲ ψυχρὸν τε ἔον καὶ κολλῶδες ἐμφράξῃ τοῦ τε πνεύματος τὰς διεξόδους καὶ τοῦ αἵματος ἀποφράσσουν, πῆγνυσι τὰ σύνεγγυς τοῦ αἵματος καὶ ἀκίνητον καὶ στάσιμον ποιεῖ φύσει ψυχρὸν ἔον καὶ ἐμφρακτικόν. διὰ τοῦτο πνίγονται τῆς γλώσσης ἀποπελιουμένης καὶ στρογγυλουμένης καὶ ἀνακαμπτομένης διὰ τὰς φλέβας τὰς ὑπὸ τὴν γλῶσσαν τῆς γὰρ ὑποτεινομένης<sup>4</sup> σταφυλῆς—οἱ δὲ κιονίδα καλεῦσιν—ἐκατέρωθεν  
 412 φλέψι παχείῃ. ὁπότεν οὖν | πλήρεις αὗται ἐοῦσαι ἐς τὴν γλῶσσαν ἐναποστηρίζονται ἀραιὴν ἐοῦσαν καὶ σπογγώδεα, διὰ τὴν ξηρασίην ὑπὸ βίης τὸ ἐκ τῶν φλεβῶν δεχομένη ὑγρὸν ἐκ πλατεῖς μὲν στρογγύλῃ γίνεται, ἐξ εὐχρόου δὲ πελιδνῇ, ἐκ μαλθακῆς δὲ σκληρῇ, ἐξ εὐκάμπτου δὲ ἄκαμπτος

<sup>1</sup> Del. Kuehlewein.

<sup>2</sup> ἢ ἔαριν om. A.

<sup>3</sup> A: πνεῦμα

MV.

<sup>4</sup> Reinhold: ἀποταμν- A: ὑποτεμν- MV.

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for in this state the condition is more easily helped. Then restore the patient and, paying attention to his crises, employ a medication to clean him upwards, unless he has already been lightened. For the lower cavity, unless it has been evacuated by means of an enema, give boiled ass's milk; let the patient drink not less than twelve cotylai; if he is quite strong, even more.

9. Angina arises when, in winter or spring, a massive viscid flux occurs from the head into the jugular vessels, and these, because of their wideness, attract the increased flow. When the flux, which is cold and viscid, stops up the passage-ways that carry air and blood by blocking them, being by nature cold and obstructive it coagulates whatever blood is nearby, making it fixed and still. Because of this, choking occurs, as the tongue becomes livid, globular, and rigid from the vessels underneath it; for on each side of the pendant uvula, which they call the little pillar, there is a wide vessel; when these vessels become filled, they fix themselves in the spongy rarified tongue, and it, being dry, accepts the moisture coming to it under force from the vessels: from flat, it becomes globular, from normal-coloured, livid, from soft, hard, and from flexible, rigid. Thus patients rapidly suffocate,



ὥστε ταχέως ἀποπνίγεσθαι, ἣν μή τις ταχέως  
βοηθῇ φλεβοτομήν τε ποιεύμενος ἀπὸ βραχιόνων  
καὶ τὰς ὑπὸ τὴν γλῶσσαν φλέβας ὑποτάμνων καὶ  
φαρμακεύων τοῖσιν ἐκλεικτοῖσι καὶ ἀναγαργαρί-  
ζων θερμοῖσι καὶ κεφαλὴν ξυρῶν. καὶ κήρωμα<sup>1</sup>  
τραχήλῳ περιτιθέναι καὶ εἰρίοισι περιελίσσειν καὶ  
σπόγγοισι μαλθακοῖσιν ἐν ὕδατι θερμῷ ἐκπιεζέον-  
τα πυριᾶν. πίνειν δὲ ὕδωρ καὶ μελίκρητον μὴ  
414 ψυχρά· | χυλὸν δὲ προσφέρειν, ὁπότεν ἐκ κρίσιος  
ἐν ἀσφαλείῃ ἦδη ᾗ.

10. "Ἄλλο εἶδος συνάγχου ὅταν ἐν θερυνῇ ἢ  
μετοπωρινῇ ὥρῃ ἐκ κεφαλῆς θερμὸν τὸ ρεῦμα  
καταρρυῇ καὶ νιτρῶδες ᾗ,<sup>2</sup> ἅτε ὑπὸ τῆς ὥρης ὀρι-  
μὺ καὶ θερμὸν γεγεννημένον, δάκνει τοιόνδε ἐὼν  
καὶ ἐλκοῖ καὶ πνεύματος ἐμπίπλησι, καὶ ὀρθό-  
πνοια παραγίνεται καὶ ξηρασίῃ πολλή, καὶ τὰ  
ὀρώμενα<sup>3</sup> ἰσχνὰ φαίνεται καὶ τοὺς ὀπισθεν τένον-  
τας ἐν τῷ τραχήλῳ συντείνεται, καὶ δοκέει οἱ  
τέτανος ἐντετάσθαι, καὶ ἡ φωνὴ ἀπέρρωγε καὶ τὸ  
416 πνεῦμα σμικρὸν καὶ ἡ ἀντίσπασις τοῦ | πνεύμα-  
τος πυκνὴ καὶ βιαίῃ παραγίνεται. οἱ τοιοῖδε τὴν  
ἀρτηρίην ἐλκοῦνται καὶ τὸν πνεύμονα πίμπραν-  
ται οὐ δυνάμενοι τὸ ἔξωθεν πνεῦμα ἐπάγεσθαι.  
τοῖσι τοιούτοις δὲ ἦν μὴ ἐς τὰ ἔξω μέρη τοῦ τρα-  
χήλου ἐκουσίῃ ἀποφέρηται, δεινότερα καὶ ἀφυκ-

<sup>1</sup> MV add κεφαλῇ καὶ.

<sup>2</sup> ᾗ om. MV.

<sup>3</sup> A: θεωρούμενα MV.



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unless someone quickly helps them by phlebotomizing from their arms, by cutting the vessels under their tongue, by administering medications in the form of lozenges, by having them gargle hot liquids, and by shaving their head. Also apply wax-salves around the neck, and wrap it with wool; foment the patient with soft sponges dipped in warm water and squeezed out. Have him drink warm water and melicrat. When he is safely past the crisis, administer barley-water.

10. Another form of angina: when, in summer or fall, a hot flux descends from the head, and it is like soda, being sharp and hot like this because of the season, it irritates, produces ulceration, and inflates; orthopnoea and great dryness prevail; the visible part of the neck does not appear swollen; the posterior tendons of the neck are pulled tight, the person seems to be convulsed, his voice is broken off, his breath is slight, and the ebb and flow of air is frequent and laborious. Such patients become ulcerated in the bronchial tube, inflated in the lung, and are incapable of drawing in air from the outside. Unless this condition moves spontaneously into the outer parts of the neck, it is quite terrible and difficult to get rid of, because of the

τότερά ἐστι διὰ τὴν ὥρην καὶ ὅτι ἀπὸ θερμῶν καὶ  
δριμέων.

11. (7 L.) Ἦν πυρετὸς λάβῃ, παλαιῆς κόπρου  
418 ὑπεούσης νεο|βρωτί ἐόντι, ἦν τε σὺν ὀδύνη πλευ-  
ροῦ, ἦν τε μή, ἡσυχίην ἄγειν μέχρι οὗ καταβῇ τὰ  
σιτία πρῶτον ἐς τὴν κάτω κοιλίην. πόματι δὲ  
χρῆσθαι ὀξύμελιτι. ὁπότεν δὲ ἐς τὴν ὀσφὺν βάρος  
ἦκη, κάτω κλύσαι κλυσμῷ ἢ καθᾶραι<sup>1</sup> φαρμάκω.  
ὅταν δὲ καθαρθῇ, διαιτᾶν ῥυφήματι πρῶτον καὶ  
πόματι μελικρήτῳ, ἔπειτα σιτίοις καὶ ἰχθύσιν  
ἐφθοῖσι καὶ οἴνω ὕδαρεῖ ἐς νύκτα ὀλίγῳ, ἡμέρης  
δὲ ὕδαρες μελίκρητον. ὁπότεν δὲ αἱ φῦσαι δυσ-  
ώδεες ἔωσιν, οὕτως ἢ βαλάνῳ ἢ κλυσμῷ εἰ δὲ μή,  
ἐπισχεῖν ὀξύμελι πίνοντα, ἕως ἂν ἐς τὴν κάτω  
κοιλίην καταβῇ, εἴθ' οὕτω κλυσμῷ ὑπαγαγεῖν.

12. Ἦν δὲ λαπαρῷ ἐόντι καῦσος ἐπιγένηται,  
ἦν σοι δοκῇ φαρμακεύειν ἐπιτηδείως ἔχειν, ἔσω  
τριῶν ἡμερέων μὴ φαρμακεύειν[, ἀλλ' ἢ τεταρ-  
420 ταῖον]<sup>2</sup> ὁπότεν δὲ φαρμακεύσης, | τοῖσι ῥυφήμασι  
χρέω, φυλάσσων τοὺς παροξυσμοὺς τῶν πυρετῶν.  
ὅκως μηδέποτε προσοίσεις<sup>3</sup> μελλόντων ἔσεσθαι  
τῶν πυρετῶν,<sup>4</sup> ἀλλὰ ληγόντων ἢ παυσαμένων  
καὶ ὡς προσωτάτῳ<sup>5</sup> ἀπὸ τῆς ἀρχῆς.

<sup>1</sup> καθᾶραι om. A.

<sup>2</sup> MV: del. Reinhold: μὴ δὲ τ. A.

<sup>3</sup> MV add ἐόντων μηδὲ.

<sup>4</sup> τῶν πυρετῶν om. MV.

<sup>5</sup> A: πορρ- MV.

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season, and because it arises from hot sharp substances.

11. If fever occurs in a person that has just eaten, while old fecal material was still present in his body, whether there is pain in the side or not, have him rest until the food first passes down into his lower cavity; as drink give oxymel. When a heaviness arrives in the loins, clean him downwards with an enema or medication. After the patient has been cleaned, first employ a regimen of gruel and, as drink, melicrat, then cereals and boiled fish, and towards night a little dilute wine; during the day give dilute melicrat. If the flatus is foul-smelling, employ a suppository or an enema; if not, have the patient continue to drink oxymel until the food descends into his lower cavity, and then evacuate it with an enema.

12. If, on the other hand, ardent fever attacks a person that is in a state of emptiness, and it seems suitable to you to administer a medication, do not do so for three days; after you have given the medication, employ gruels; be careful to avoid the paroxysms of fever, so as never to make administrations when fevers are incipient, but only when they are declining or stopped, and as far as possible from their onset.

13. Ποδῶν δὲ ψυχρῶν ἐόντων μήτε ποτὸν μή-  
τε ῥύφημα μήτε ἄλλο μηδὲν δίδου τοιόνδε, ἀλλὰ  
μέγιστον ἡγέου τοῦτ' εἶναι, διαφυλάσσεσθαι, ἕως  
ἂν διάθερμοι γένωνται σφόδρα εἴθ' οὕτω τὸ συμ-  
φέρον πρόσφερε. ὥς γὰρ ἐπὶ τὸ πολὺ σημεῖόν  
ἐστι μέλλοντος παροξύνεσθαι τοῦ πυρετοῦ ψύξις  
ποδῶν. εἰ δ' ἐν τοιούτῳ καιρῷ προσοίσεις, ἅπαν-  
τα τὰ μέγιστα ἐξαμαρτήσεις· τὸ γὰρ νόσημα  
αὐξήσεις οὐ σμικρῶς. ὅταν δὲ ὁ πυρετὸς λήγῃ,  
τοῦναντίον θερμότεροι οἱ πόδες γίνονται τοῦ ἄλ-  
λου σώματος· αὖξεται μὲν γὰρ ψύχων τοὺς πόδας,  
ἐξαπτόμενος ἀπὸ<sup>1</sup> τοῦ θώρηκος καὶ ἐς τὴν κεφα-  
λὴν ἀναπέμπων τὴν φλόγα. συνδεδραμηκότος δὲ  
ἀλέος τοῦ θερμοῦ ἅπαντος ἄνω καὶ ἀναθυμιωμέ-  
νου ἐς | τὴν κεφαλὴν, εἰκότως οἱ πόδες ψυχροὶ  
422 γίνονται, ἄσαρκοι καὶ νευρώδεις φύσει ἐόντες.  
ἔτι δὲ πολὺ ἀπέχοντες τῶν θερμοτάτων τόπων  
ψύχονται, συναθροιζομένου τοῦ θερμοῦ ἐς τὸν θώ-  
ρηκα· καὶ πάλιν ἀνὰ λόγον λυομένου τοῦ πυρετοῦ  
καὶ κατακερματιζομένου ἐς τοὺς πόδας κατα-  
βαίνει· κατὰ δὲ τὸν χρόνον τοῦτον ἡ κεφαλὴ καὶ ὁ  
θώρηξ κατέψυκται.

14. Τοῦ δ' εἵνεκα τότε οὐ προσαρτέον, ὅτι,  
ὅταν οἱ πόδες ψυχροὶ ἔωσιν, θερμὴν ἀνάγκη τὴν  
ἄνω<sup>2</sup> κοιλίην εἶναι καὶ πολλῆς ἄσης μεστήν καὶ

<sup>1</sup> A: ὁκ MV.

<sup>2</sup> Ermerins after Galen: κάτω A: om. MV.

## REGIMEN IN ACUTE DISEASES (APPENDIX)

13. When the feet are cold, do not give drink, gruel, or anything else of the sort, but consider it most important to pay heed until they become quite warm; only then apply the fitting treatment; for usually coldness of the feet indicates that the fever is about to grow virulent, and if you make an administration at that moment, you will be committing all the greatest mistakes, since you will increase the disease by no small measure. When the fever diminishes, the opposite happens, and the feet become hotter than the rest of the body. For fever increases by cooling the feet, by being kindled from the thorax, and by sending its flame up into the head; when the heat has all collected together into one mass above, and steamed up into the head, the feet naturally become cold, since they have but little flesh and are cord-like in structure. They are chilled even more by being far away from the hottest area, since the heat is collected in the thorax. Conversely, when a fever is resolved and gradually diminishes, heat descends into the feet; about that time, the head and thorax cool down.

14. For this reason food is not to be given at that time, for when the feet are cold, it necessarily follows that the upper cavity is hot and much filled

424 ὑπο|χόνδριον ἐντεταμένον καὶ ῥιπτασμὸν τοῦ σώ-  
ματος διὰ τὴν ἔνδον ταραχὴν καὶ μετεωρισμὸν<sup>1</sup>  
καὶ ἀλγήματα καὶ ἔλκεται καὶ ἐμέειν ἐθέλει. καὶ  
ἦν πονηρὰ ἐμέη, ὀδυνᾶται. θερμῆς δὲ καταβάσης  
ἐς τοὺς πόδας καὶ οὔρου διελθόντος, κῆν μὴ ἰδρώ-  
ση, πάντα λωφᾶ. κατὰ τόνδε οὖν τὸν καιρὸν<sup>2</sup> τὸ  
ῥύφημα διδόναι τότε δὲ ὄλεθρος.

15. (8 L.) Οἷσι δὲ<sup>3</sup> διὰ τέλεος ἡ κοιλίη ἐν τοῖσι  
πυρετοῖσιν ὑγρῇ, τούτοις διαφερόντως τοὺς  
πόδας θερμαίνων καὶ περιστέλλων κηρώμασι καὶ  
ταινιδίοις περιελίσσων πρόσεχε, ὥς μὴ ἔσονται  
ψυχρότεροι τοῦ ἄλλου σώματος. θερμοῖσι δ' ἐοῦσι  
θέρμασμα μηδὲν πρόσφερε, ἀλλὰ παρατήρει,  
ὅπως μὴ ψυχθῇσονται. πόματι δὲ χρῆσθαι ὥς  
ἐλαχίστῳ ψυχρῷ ὕδατι ἢ μελικρήτῳ.

426 16. Ὅποσοις δὲ<sup>4</sup> κοιλίη ὑγρῇ καὶ γνώμη |  
τεταραγμένη, οἱ πολλοὶ τῶν τοιούτων τὰς κροκύ-  
δας ἀφαιρέουσι καὶ τὰς ῥίνας σκάλλουσι καὶ κατὰ  
βραχὺ μὲν ἀποκρίνονται τὸ ἐρωτώμενον, αὐτοὶ δὲ  
ἀφ' ἑωυτῶν οὐδὲν λέγουσιν κατηρτημένον δοκέει  
οὖν μοι τὰ τοιάδε μελαγχολικὰ εἶναι. ἦν δὲ  
τοιῶνδε ἐόντων ἡ κοιλίη ὑγρῇ ἢ<sup>5</sup> δοκέει μοι τὰ  
ῥυφήματα ψυχρότερα καὶ παχύτερα προσφέρειν,  
καὶ τὰ πόματα στατικά, καὶ οἰνωδέστερα ἢ καὶ<sup>6</sup>  
στυπτικώτερα.

<sup>1</sup> MV add γνώμης.

<sup>2</sup> MV add δεῖ.

<sup>3</sup> δὲ om. A.

<sup>4</sup> MV add ἐν πυρετοῖς.

<sup>5</sup> MV add καὶ συντήκη.

<sup>6</sup> καὶ om. MV.

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with nausea, the hypochondrium stretched, and the body restless because of its internal upheaval, swelling, and pain; the patient retches and wants to vomit, and if he vomits up things that are injurious, he suffers pain. When, however, the heat descends into the patient's feet, and he passes urine, even if he does not sweat he recovers from everything. Take this opportunity to give gruel; before then it would be fatal.

15. In patients whose cavity remains moist all through their fevers, attend especially to the feet by warming them, by wrapping them in wax-salves, and by winding them with strips of linen so that they will not be colder than the rest of the body. If they are warm, do not employ any measures to warm them, but take care of them in order that they do not become cold. As drink, use a very little cold water or melicrat.

16. Cases in which the cavity is moist and the mind disturbed: most of these patients pluck off bits of wool, pick their noses, answer shortly whatever is asked, but of their own accord say nothing sensible; such things seem to me to be due to dark bile. If, in such patients, the cavity is moist, I hold it advisable to administer gruels that are very cold and thick, and drinks that tend to constipate, both the more vinous or even the more astringent.



17. Ὅποσοισι δὲ τῶν πυρετῶν δῖνοί τε ἀπ' ἀρχῆς καὶ σφυγμοὶ τῆς κεφαλῆς εἰσι καὶ οὔρον λεπτόν, τούτοισι προσδέχεσθαι πρὸς τὰς κρίσιαις παροξυνθησόμενον τὸν πυρετόν· οὐ θαυμάσαιμι δ' αἶν οὐδ' εἰ παραφρονήσειαν. οἷσι δὲ ἐν ἀρχῇ τὰ
- 428 οὔρα νεφελοειδέα καὶ παχέα, τοὺς | τοιούσδε ὑποκαθαίρειν, ἦν καὶ τὰ ἄλλα συμφέρη. ὅποσοισι δὲ ἐν ἀρχῇ τὰ οὔρα λεπτά, μὴ φαρμάκευε τοὺς τοιούσδε, ἀλλ' ἦν δοκέη, κλύσαι. τοὺς τοιούτους συμφέρει οὕτω θεραπεύεσθαι τῷ σώματι ἡσυχίην ἄγοντας ἀλείφοντά τε καὶ περιστέλλοντα ὁμαλῶς· ποτῷ δὲ χρῆσθαι μελικρήτῳ ὕδαρεϊ καὶ ῥυφήματι χυλῷ πτισάνης ἐς ἐσπέρην. κοιλίην δὲ ὑπαγε κατ' ἀρχὰς κλυσμῷ φάρμακα δὲ μὴ
- 430 πρόσαγει | τούτοισιν ἦν γάρ τι κινήσης κατὰ κοιλίην, τὸ οὔρον οὐ πεπαίνεται, ἀλλ' ἀνιδρός τε καὶ ἄκριτος ὁ πυρετὸς ἐπὶ πολὺν χρόνον ἔσται. τὰ δὲ ῥυφήματα, τῶν κρίσιων ὅποταν ἐγγὺς ᾗ, μὴ δίδου ἦν θορυβῆται, ἦν δὲ ἀνῆ καὶ ἐπιδιδῶ ἐπὶ τὸ βέλτιον. φυλάσσεσθαι δὲ δεῖ καὶ τῶν ἄλλων πυρετῶν τὰς κρίσιαις καὶ ἀφαιρεῖν τὰ ῥυφήματα κατὰ τοῦτον τὸν καιρόν. μεμαθήκασι δὲ μακροὶ οἱ
- 432 πυρετοὶ οἱ τοιοῖδε γί|νεσθαι καὶ ἀποστήματα ἴσχειν, ἦν μὲν τὰ κάτω ψυχρὰ ᾗ, περὶ ὦτα καὶ τράχηλον ἦν δὲ μὴ ψυχρὰ ᾗ, ἄλλας ἴσχει<sup>1</sup> μετα-

<sup>1</sup> MV: -ειν A.



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17. In fevers accompanied from the beginning by vertigo, throbbing in the head, and thin urine, wait for the crises when the fever has its paroxysm: it would come as no surprise if such patients even lose their wits. In those whose urines are cloudy and thick at the beginning, clean downwards if the other signs are propitious. In those whose urines are thin at the beginning, do not employ medications but, if it seems advisable, an enema. It benefits such patients to treat them as follows: have them keep their bodies at rest, and anoint and wrap them carefully. As drink give dilute melicrat, and as gruel barley-water, towards evening. Evacuate the cavity at the beginning with an enema, but do not administer medications to these patients, for if you set anything in motion through the cavity, the urine does not become mature, and the fever will continue without any sweating or crisis for a long time. When the patient is close to his crises, do not give gruels if he is troubled, but only if the fever is remitting and he is changing for the better. You must also pay attention to the crises in other fevers, and discontinue gruels at those times. Fevers of this sort tend to become long and, if the lower regions are cold, to include abscesses about the ears and neck; if the lower regions are not cold, other resolutions occur: blood

βολάς. ρεῖ δὲ καὶ αἷμα ἐκ ῥινῶν καὶ κοιλίῃ τοιού-  
τοισιν ἐκταράσσεται.

18. Ὅποσοι δὲ ἐν πυρετοῖσιν<sup>1</sup> ἀσώδεές εἰσι  
καὶ ὑποχόνδρια συντείνουσι, καὶ κεκλιμένοι οὐκ  
ἀνέχονται ἐν τῷ αὐτῷ, καὶ τὰ ἄκρεα ψύχονται  
πάντα, πλείστης ἐπιμελείας καὶ φυλακῆς δέον-  
ται. διάγειν δὲ τούτοις προσφέροντα μηδὲν ἄλλο  
434 ἢ ὀξύμελι ὑδαρές. | ἕως ἂν λήξῃ καὶ οὔρον πε-  
πανθῇ. κατακλίνειν δὲ ἐς ζοφερά οἰκήματα, καὶ  
κεκλίσθαι ὥς ἐπὶ μαλθακωτάτοις στρώμασι πολὺν  
χρόνον ἐπὶ ταῦτα καρτερέοντα καὶ ὥς ἥκιστα ῥιπ-  
τάζειν· μάλιστα γὰρ τοῦτο τοὺς τοιούτους ὠφε-  
λέει. ἐπὶ δὲ τὸ ὑποχόνδριον λίνου σπέρμα ἐγχρίων  
ἐπιτίθει. φυλασσόμενος ὅπως μὴ φρίξῃ προστιθέ-  
μενον· ἔστω δὲ ἀκροχλῖαρον, ἐφθὸν ἐν ὕδατι καὶ  
ἐλαίῳ.

19. Τεκμαίρεσθαι δὲ ἐκ τῶν οὔρων τὸ μέλλον  
ἔσεσθαι· ἢν μὲν γὰρ παχύτερα καὶ ὠχρότερα ᾖ,  
βελτίῳ· ἢν δὲ λεπτότερα καὶ μελάντερα, πονηρό-  
τερα<sup>2</sup>· ἢν δὲ μεταβολὰς ἔχῃ, χρόνον τε σημαίνει,  
καὶ ἀνάγκη τῷ νοσέοντι<sup>3</sup> μεταβάλλειν καὶ ἐπὶ τὰ  
χείρω καὶ ἐπὶ τὰ βελτίῳ τὴν ἀνωμαλίην.

20. Τοὺς δὲ ἀκαταστάτους τῶν πυρετῶν ἔαν,  
μέχρι ἂν στῶσιν· ὁπόταν δὲ στῶσιν, ἀπαντῆσαι  
διαίτῃ καὶ θεραπείῃ τῇ προσηκούσῃ, κατὰ φύσιν  
θεωρέων.

<sup>1</sup> Α: Ὅποσοι δὲ πυρετοὶ ΜV.  
ματι ΜV.

<sup>2</sup> ΜV: πονηρά Α.

<sup>3</sup> Α: νοσή-

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flows from the nose of such patients, and the cavity is set in motion.

18. Those who, during fevers, suffer from nausea and draw their hypochondrium tight, who on lying down cannot keep still, and whose extremities are all cold, require the greatest care and attention. Proceed with such patients by giving them nothing but dilute melicrat until the fever remits and the urine becomes mature. Put the person to bed in a dark room; let him lie on the softest bed-clothes, remain in the same position for a long time, and throw himself about as little as possible. for these things, especially, help such patients. Anoint the hypochondrium with an application of linseed, taking care that the patient does not have a chill as a result of the application; let the linseed be luke-warm and boiled in water and oil.

19. Judge from urines what is about to happen, for if thicker and more pale yellow, they are more favourable, but if thinner and darker, more grievous; if they undergo changes, this indicates chronicity, and that the patient will experience changes both for the worse and for the better.

20. Leave unsettled fevers alone until they settle; when they do, counter them with regimen and suitable treatment, taking the patient's constitution into consideration.

21. (9 L.) Εἰσὶ δὲ ὄψεις πολλαὶ τῶν καμ-  
 436 νόντων διὸ προσεκτέον τῷ | ἰωμένῳ ὅπως μὴ  
 διαλήσει τι<sup>1</sup> τῶν προφασίων μήτε τῶν κατὰ  
 λογισμὸν ὅσα τ'<sup>2</sup> ἐς ἀριθμὸν ἄρτιον ἢ περισσὸν  
 δεῖ φανῆναι. μάλιστα μὲν οὖν δεῖ τὸν περισσὸν  
 ἀριθμὸν εὐλαβεῖσθαι, ὡς αἶδε αἱ ἡμέραι ἐτερορρε-  
 πέας ποιεοῦσιν τοὺς κάμνοντας.

22. Φυλάσσεσθαι οὖν δεῖ τὴν πρώτην ἡμέρην,  
 ἣ ἥρκται ἀσθενεῖν ὁ κάμνων, ἰδόντα τὴν ἀρχὴν ἐξ  
 438 ὅτου καὶ δι' ὅτι ἡγείται γὰρ τοῦτο πρῶτον εἰδῆ-  
 σαι. ὁπότεν δὲ ἔρῃ αὐτὸν καὶ διασκέψῃ | πάντα.  
 πρῶτον μὲν κεφαλὴν ὅπως ἔχει, εἰ ἀνάλγητος  
 καὶ μὴ βάρος ἔχει ἐν ἐωυτῇ· ἔπειτα ὑποχόνδρια  
 καὶ πλευρά, εἰ ἀνάλγητα<sup>3</sup> ὑποχόνδριον μὲν γὰρ  
 ἦν ἐπίπονον ἢ ἢ ἐπηρμένον<sup>4</sup> ἔχῃ τινὰ σκολιότητα  
 ἢ κόρον, ἢ πλευροῦ ἀλγηδὼν ἐνῇ καὶ ἅμα τῷ ἀλ-  
 γήματι βηχίον ἢ στρόφος ἢ πόνος κοιλίης· ὅταν  
 τι τούτων παρῇ, ὑποχονδρίων μὲν μάλιστα, λύειν  
 κοιλίην κλυσμοῖσιν πινέτω δὲ μελίκρητον θερμὸν  
 ἀφεισημένον. καταμανθάνειν δὲ καὶ ἐν τῇσιν  
 ἐξαναστάσεσιν, εἰ λειποθυμέει ἢ<sup>5</sup> εἰ τοῦ πνεύμα-  
 τος εὐφορίῃ αὐτὸν ἔχει. ἰδεῖν<sup>6</sup> δὲ τὴν διαχώ-  
 ρησιν, μὴ τι μέλαν διεχώρησεν ἰσχυρῶς<sup>7</sup> χρῶμα ἢ  
 εἰ<sup>8</sup> καθαρὸν, ὁποῖα ὑγιαίνοντος ἂν εἴη διαχωρήμα-

<sup>1</sup> Reinhold: διαλύεται A: διαλήσεται τις MV.

MV. <sup>3</sup> MV: -αλγῇ A.

<sup>4</sup> MV add ἢ.

<sup>2</sup> A: μήτε ὅσοσα  
<sup>5</sup> Ermerins: καὶ AMV.

<sup>6</sup> Later mss: ἰδῶν AMV.

<sup>7</sup> A adds πάνν.

<sup>8</sup> εἰ om. A.

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21. Patients have many aspects. Therefore, the person treating must pay attention to see that none of the immediate signs escape his notice, nor any of those that you know by reckoning must come to light on an even- or an odd-numbered day. Actually, the odd-numbered, especially, must be observed, since on them patients tend to incline in one direction or the other.

22. Now, you must mark well the first day on which any patient began to be ill, observing whence and why the disease starts; for it is of the utmost importance to first learn this. When you question the patient and examine each thing carefully, do so first with regard to the state of his head, whether it is free of pain and has no heaviness in it; then the hypochondrium and the sides, whether they are free of pain; for if the hypochondrium is painful or swollen with some unevenness or over-fullness, or if pain of the side is present, and with the pain a mild cough, colic or pain in the cavity—if any of these things is present, especially in the hypochondrium, open the cavity with enemas; also have the patient drink hot boiled-down melicrat; observe carefully when the patient rises, too, whether he faints, or whether his breathing is adequate; observe the stools, whether anything dark is passed, of a vivid colour, or whether they are clean, like those of a healthy person; and the fever.

τα· καὶ ὁ πυρετὸς <εἰ><sup>1</sup> ἐς τὴν τρίτην ἐπιπαροξυ-  
 440 νόμενος· | κατιδὼν δὲ εὖ μάλα τοὺς τοιούσδε ἐν  
 ταύτῃσι τῇσι νούσοισι τριταίους. πρὸς ταύτην  
 ἤδη καὶ τᾶλλα συνορᾶν καὶ ἦν ἡ τετάρτη τῇ τρίτῃ  
 ἡμέρῃ ὁμοῖόν τι ἔχῃ τῶν αὐτῶν τούτων, κινδυνώ-  
 δης ὁ κάμνων γίνεται.

23. Τὰ δὲ σημεία· ἡ μὲν μέλαινα διαχώρησις  
 θάνατον σημαίνει, ἡ δὲ ὁμοίῃ τῷ ὑγιαίνοντι,  
 ὁπότεν ἀπάσας τὰς ἡμέρας φαίνεται, σωτήριον·  
 ὁπότεν δὲ μὴ ὑπακούῃ τῇ βαλάνῳ, ἐπῇ<sup>2</sup> δὲ καὶ<sup>3</sup>  
 τοῦ πνεύματος ἀπορίῃ,<sup>4</sup> ἢ διαναστὰς ἐπὶ θρόνον ἢ  
 αὐτοῦ ἐν τῇ κλίνῃ, ἢν ἀψυχίῃ ἐγγένηται, ταῦτα  
 ὁπότεν προσῇ τῷ κάμνοντι ἢ τῇ καμνούσῃ,<sup>5</sup>  
 παραφροσύνην ἐσομένην προσδέχου. προσέχειν δὲ  
 442 χρῇ καὶ τῇσι | χερσίν ἦν γὰρ τρομεραὶ ἔωσιν,  
 προσδέχου τῷ τοιῷδε ἀπόσταξιν αἵματος ἐκ ῥινῶν  
 ἐσομένην. ὁρᾶν δὲ χρῇ τοὺς μυκτῆρας ἀμφοτέ-  
 ρους· ἦν γὰρ<sup>6</sup> ὁμοίως τὸ πνεῦμα δι' ἀμφοῖν ἔλκη-  
 ται καὶ πολὺ φέρηται διὰ τῶν μυκτῆρων, φιλέει  
 γίνεσθαι σπασμός· ἦν δὲ σπασμὸς ἐγγένηται τῷ  
 τοιῷδε, θάνατος προσδόκιμος, καὶ καλῶς ἔχει  
 προλέγειν.

24. (10 L.) Ἦν δὲ ἐν πυρετῷ χειμερινῷ ἢ  
 γλῶσσα τρηχέῃ γένηται καὶ ἀψυχίαι ἐνέωσιν,  
 φιλέει τῷ τοιῷδε καὶ ἐπάνεσις εἶναι τοῦ πυρετοῦ

<sup>1</sup> Ermerins. <sup>2</sup> Kuehlewein: ἐπὴν Λ: ἐνῇ MV. <sup>3</sup> καὶ om.

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whether it has another access on the third day. Observing such fevers very closely on the third day in these diseases, from that day on pay attention to other things as well, and if the fourth day brings some of these same things the third one did, the patient is in danger.

23. Signs: dark stools indicate death, whereas those like a healthy person's, when they have this appearance every day, betoken recovery. But when a patient fails to have a movement after he has received a suppository, and there is also difficulty in breathing, or if either on getting up into a chair or right in his bed he loses consciousness—when these things happen to the patient, either male or female, expect derangement. You must also pay attention to the hands, for if they tremble, expect such a patient to have a flow of blood from his nostrils. You must look at both nostrils, for if the air is drawn equally through them both, and much is carried through, a convulsion is likely; if a convulsion does occur in such a patient, death is to be expected, and it is good to predict this.<sup>1</sup>

24. If, in a winter fever, the tongue becomes rough and the patient loses consciousness, there is likely to be an abatement of the fever. But all the

<sup>1</sup> For the special significance of prognosis in Hippocratic medicine see e.g. *Prognostic* ch. 1 (Loeb *Hippocrates* vol. II, 7).

MV. <sup>4</sup> V: εὐφορίῃ AM. <sup>5</sup> MV add κατ' ἀρχὰς. <sup>6</sup> γὰρ om. MV.



ἀλλ' ὅμως τὸν τοιόνδε παραφυλάσσειν τῇ λιμο-  
κτονίῃ καὶ ὕδατοποσίῃ<sup>1</sup> καὶ μελικρήτου πόσει· καὶ  
χυλοῖσι παραφύλασσε μηδὲν πιστεύων τῇ ἀνέσει  
τῶν πυρετῶν, ὥς οἱ τοιάδε ἔχοντες σημεῖα ἐπι-  
κίνδυνοί εἰσι θνήσκειν. ὁπόταν δὲ ταῦτα συνίδῃς,  
444 οὕτω προλέγειν, ἦν | σοι ἀρκέσῃ θεωρήσας εὖ  
μάλα.

25. Ὅταν δ' ἐν<sup>2</sup> πυρετοῖσι φοβερὸν τι γένηται  
πεμπταίοις ἐοῦσιν—<ἦν><sup>3</sup> ἢ κοιλίῃ ἐξαίφνης  
ὑγρὰ διαχωρήσῃ καὶ ἀψυχίῃ ἐγγένηται ἢ ἀφωνίῃ  
ὑπολάβῃ ἢ σπασμώδης γένηται ἢ λυγμώδης—  
ἐπὶ τούτοισιν ἀσώδεα φιλέει γίνεσθαι καὶ περὶ  
ὑπορρίνιον καὶ μέτωπον ἰδρῶτες καὶ αὐχένα ὀπι-  
σθεν τῆς κεφαλῆς· οἱ δὲ ταῦτα πάσχοντες θνή-  
σκουσιν πνευματωθέντες οὐκ ἐς μακρόν.

26. Οἷσι δ' ἐν πυρετοῖσι τὰ σκέλεα γίνεται  
φυματώδεα καὶ ἐγχρονιζόμενα μὴ ἐκπεπαίνεται,  
έόντος ἐν πυρετοῖσιν, ἦν καὶ προσπέσῃ πνιγμὸς  
φάρυγγι ἰσχνῶν έόντων τῶν περὶ τὴν φάρυγγα  
446 καὶ μὴ πεπαίνεται, ἀλλὰ<sup>4</sup> | σβεσθῇ, φιλέει τῷ  
τοιῷδε αἷμα ῥεῖν ἐκ ῥινῶν· καὶ ἦν μὲν πολὺ ῥυῇ,  
λύσιν σημαίνει τῆς νούσου· ἦν δὲ μὴ, μακρὴν  
ὁπόσω δ' ἂν ἔλασσον ῥυῇ, τοσῷδε χεῖρον κατὰ<sup>5</sup>

<sup>1</sup> Papyrus (see p. xif.), MV: ὕδατος πόσει ἢ A. <sup>2</sup> ἐν om. A.

<sup>3</sup> Later mss. <sup>4</sup> MV: μῆδε A.

<sup>5</sup> Kuehlewein: καὶ AMV.



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same, protect him by having him avoid food, and drink water and melicrat; also protect him by using juices; put no trust in the disappearance of the fever, for patients with signs like these are in mortal danger. When you see these signs, you should give your prognosis, if after thinking it over it seems a good idea.

25. When, in fevers, something terrible befalls patients on the fifth day—if, for example, the cavity suddenly passes watery stools and the patient loses consciousness, or speechlessness occurs, or he becomes convulsive, or develops hiccups—nausea is likely to come over such patients, and sweating under the nose, between the eyes, and in the neck at the back of the head. Patients that suffer these things become suffocated and before long die.

26. Fevers in which the legs are covered with tubercles that persist and do not come to maturity: while the patient is in such fevers, if, in addition, choking befalls his throat, even though the region about the throat is not swollen, and if it<sup>1</sup> does not come to maturity but instead subsides, it is likely in such a patient for blood to flow from the nostrils. If much flows, this indicates resolution of the disease; if not much, that it will be long; the less that flows, the worse it is for the length of the con-

<sup>1</sup> The syntax of this sentence is unclear. The traditional interpretation has been to understand "tubercles" as the subject of *πεπαίνεται* and *αβρσθῆ*. Adams, whom I follow, provides a vague "it" as subject. I also see no compelling reason why *τὰ περὶ τὴν φάρυγγα* could not be taken as subject.

μῆκος. ἦν δὲ τὰ ἄλλα ῥήϊστα γένηται, προσδέχε-  
σθαι τῷ τοιῷδε ἐς πόδας ἀλγήματα ἦν δὲ ἄψηται  
τοῦ ποδὸς καὶ ἐπώδυνος γενόμενος παραμένη πυ-  
ριφλεγῆς [γενόμενος]<sup>1</sup> καὶ μὴ λυθῇ, κατὰ σμι-  
κρὸν ἥξει καὶ ἐς αὐχένα ἀλγήματα καὶ ἐς κληΐδα  
καὶ ἐς ὦμον καὶ ἐς στῆθος καὶ ἐς ἄρθρον, καὶ  
τοῦτο δεήσει φυματῶδες γενέσθαι σβεννυμένων  
δὲ τούτων ἦν αἱ χεῖρες ἐφέλκωνται ἢ τρομεραὶ  
γένωνται, σπασμὸς τὸν τοιόνδε ἐπιλαμβάνει καὶ  
παραφροσύνη καὶ φλυζάκια ἐπὶ τὴν ὀφρὺν καὶ  
ἐρυθθήματα ἴσχει, καὶ τὸ<sup>2</sup> βλέφαρον τὸ ἕτερον  
παρὰ τὸ ἕτερον παραβλαστάνει, καὶ σκληρὴν  
448 φλεγ|μονὴν κατέχει, καὶ οἰδέει ἰσχυρῶς ὁ ὀφθαλ-  
μός, καὶ ἡ παραφροσύνη μέγα τι ἐπιδιδού<sup>3</sup> αἱ δὲ  
νύκτες μᾶλλον σημαίνουσιν ἢ αἱ ἡμέραι τὰ περὶ  
τὴν παραφροσύνην.<sup>3</sup> τὰ δὲ σημεία μάλιστα γίνε-  
ται ἐπὶ τὸν περισσὸν ἀριθμὸν ἢ ἐπὶ τὸν ἄρτιον ἐν  
ὁποτέρῳ δ' αὖ τῶν ἀριθμῶν τούτων γίνηται, ὅλε-  
θροὶ ἐπιγίνονται.

27. Τοὺς τοιούσδε ἦν μὲν ἐξ ἀρχῆς φαρμακεύ-  
ειν προαιρῇ, πρὸ τῆς πέμπτης, ἦν βορβορύζη ἢ  
κοιλίῃ εἰ δὲ μή, ἔαν ἀφαρμάκευτον εἶναι ἦν δὲ  
διαβορβορύζη καὶ τὰ ὑποχωρήματα χολώδεα ἦ,  
σκαμμωνίῃ ὑποκάθαιρε μετρίως ἐν δὲ τῇ ἄλλῃ  
θεραπείῃ ὥς ἐλάχιστα προσφέρειν ποτὰ καὶ

<sup>1</sup> Del. Ermerins.

<sup>2</sup> τὸ om. MV.

<sup>3</sup> Papyrus, MV: ἀφρ- A.

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dition. If the other symptoms diminish, expect pains in such a person's feet. If these attack the foot, and it becomes painful and violently inflamed, and remains that way without any resolution, then little by little pains will spread to the neck, collar-bone, shoulder, chest and joints, and this spread will inevitably be accompanied by tubercles. If, when these go down, the hands are dragged behind<sup>1</sup> or tremble, convulsions and derangement befall such a patient; blisters and red patches form on the eyebrow, the one eye-lid sends forth shoots over the other one,<sup>2</sup> a stubborn inflammation prevails, the eye swells massively, and the derangement increases greatly; nights give more evidence of the derangement than do days. These signs occur more on odd-numbered days than on even-numbered ones, but on whichever of these numbers they occur, death follows.

27. If you prefer to give medications to such patients right from the beginning, give them before the fifth day if the cavity rumbles; if it does not rumble, leave the patient without a medication. If the rumbling continues and the stools passed are bilious, clean the patient moderately downwards with scammony. As far as the rest of his treatment is concerned, offer as few drinks and gruels as

<sup>1</sup> I.e. there is a palsy.

<sup>2</sup> No satisfactory interpretation of this passage has yet been given.

ρυφήματα ἕως<sup>1</sup> βελτιόνως ἔχη, ἣν μὴ ὑπερβῶσι  
τὴν τεσσαρεσκαίδεκάτην ἐπανέντες.

28. Ὅποταν πυρέσσοντι τεσσαρεσκαίδεκα-  
ταίῳ ἐόντι ἀφωνή παραγένηται, οὐ φιλέει λύσις  
ταχείη οὐδ' ἀπαλλαγὴ τοῦ νοσήματος γίνεσθαι,  
ἀλλὰ χρόνον τῷ τοιῷδε σημαίνει ὅποταν γὰρ  
φανῇ ἐπὶ τῇ ἡμέρῃ ταύτῃ, μακρότερον συμπίπτει.  
450 ὅταν πυρέσσοντι τεταρταίῳ γλῶσσα | ἐκτεταραγ-  
μένα διαλέγεται καὶ ἡ κοιλίη χολώδεα διαχωρῇ  
ὑγρά, φιλέει παραληρεῖν ὁ τοιόσδε ἀλλὰ χρὴ παρα-  
φυλάσσειν παρεπόμενον τοῖσιν ἀποβαίνουσιν.

29. Θερινῆς καὶ μετοπωρινῆς ὥρης ἐπὶ τῶν  
ὀξέων αἵματος ἀπόστασις ἐξαπίνης συντονίην καὶ  
πολλὴν θερμασίην<sup>2</sup> κατὰ φλέβας δηλοῖ καὶ ἐς τὴν  
ὑστεραίην λεπτῶν οὖρων ἐπιφάσις. καὶ ἦν  
ἀκμάζῃ τῇ ἡλικίῃ καὶ τὸ σῶμα ἐκ γυμνασίων<sup>3</sup>  
[ἦ]<sup>4</sup> εὐσαρκώσιος ἔχη ἢ μελαγχολικὸς ἦ ἢ ἐκ  
πόσιος χεῖρες τρομεραί, καλῶς ἔχει παραφροσύνην  
προειπεῖν ἢ σπασμόν. κῆν μὲν ἐν ἀρτίησιν ἐπι-  
γένηται, βέλτιον<sup>5</sup> ἐν κρίσει δὲ ὀλέθριον, ἦν μὴ  
πολὺ ἅλῆς ἀποχυθὲν αἷμα ἐξόδους ποιήσεται |  
452 τῆς πλεονεξίης κατὰ ῥίνας ἢ κατὰ ἔδρην ἐμπλη-  
σθείσης<sup>6</sup> ἢ<sup>7</sup> ἀπόστασιν ἢ πόνους ἐν ὑποχονδρίῳ ἢ  
454 ἐς ὄρχιν ἢ | ἐς σκέλεα πεφθέντων δὲ τούτων

<sup>1</sup> Potter: ὡς A: ὡς MV. <sup>2</sup> Regenbogen: θερμασίην AMV.

<sup>3</sup> A adds ἦ. <sup>4</sup> Del. Joly. <sup>5</sup> Later mss: βελτίω AMV.

<sup>6</sup> AMV: ἐμπουήση Ermerins after Galen. <sup>7</sup> ἦ om. A.

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possible, until the condition improves, if the period of recovery does not extend beyond the fourteenth day.

28. When speechlessness comes over a patient that has had fever for fourteen days, a swift resolution or relief from the disease is not likely to occur; on the contrary, this indicates chronicity in such a patient; for, whenever speechlessness appears on that day, it is present for a longer time. In a patient with fever, when on the fourth day the tongue becomes confounded in speech, and the cavity passes watery bilious stools, such a patient is likely to rave; indeed, you must watch carefully what follows these events.

29. During the summer and fall a sudden nose-bleed during acute diseases indicates tension, great heat through the vessels, and that thin urines will appear towards the next day. If the patient is in the prime of life, and his body is in good condition from exercises, or if he is subject to dark bile, or if his hands tremble from drink, it is good to predict derangement or convulsions. If this happens on even days, it is better, but during a crisis it is a fatal sign, unless much blood, being shed in a mass, brings about an exit through the nostrils or anus of the excess that has built up through accumulation, or gives rise to an abscess, or to pains in the hypochondrium or radiating to a testicle or the legs.

ἔξοδοι γίνονται πτυσμῶν παχέων. οὕρων λείων λευκῶν<sup>1</sup> ἔξοδοι.

30. Πυρετῷ λυγγώδει ὁπὸν σιλφίου, ὀξύμελι, δαῦκον τρίψας πιεῖν διδου καὶ χαλβάνην ἐν μέλι-  
 456 τι καὶ κύμινον ἐκλεικτόν, καὶ χυλὸν | πτισάνης ἐπὶ τούτοις ῥυφεῖν. ἄφυκτος δὲ ὁ τοιοῦτος, ἦν μὴ ἰδρώτες κριτικοὶ καὶ ὕπνοι ὁμαλοὶ ἐγγίνωνται καὶ οὖρα παχέα καὶ δριμέα καταδράμη ἢ ἐς ἀποστήματα καταστηρίξη.<sup>2</sup> κόκκαλος καὶ σμύρνα ἐκλεικτόν· πίνειν δὲ τοῖσι τοιούτοις ὀξύμελι διδου ὡς ἐλάχιστον ἦν δὲ διψώδης ἢ<sup>3</sup> σφόδρα, τοῦ κριθίνου<sup>4</sup> ὕδατος.

31. (11 L.) Τὰ δ' ἐν πνεύμονι καὶ πλευρίτιδι<sup>5</sup> ὥδε χρή σκέπτεσθαι ἦν ὀξύς ὁ πυρετὸς ἢ καὶ τὰ ὀδυνήματα τοῦ ἐτέρου πλευροῦ ἢ καὶ ἀμφοῖν, καὶ  
 458 τοῦ πνεύματος δὲ | ἀναφερομένου ἦν πονῆ καὶ βῆχες ἐνέωσιν καὶ τὰ πτύαλα πτύη πυρρὰ ἢ πελιδνὰ ἢ καὶ λεπτὰ ἢ<sup>6</sup> καὶ ἀφρώδεα καὶ ἀνθηρά, καὶ εἴ τι ἄλλο διαφέρων ἔχοι παρὰ τὰ μεμαθηκότα, τούτοιςιν οὕτω χρή διάγειν ἦν μὲν ἡ ὀδύνη ἄνω περαίνη πρὸς κληῖδα ἢ περὶ μαζὸν ἢ ἐν βραχίονι, τάμνειν χρή τὴν ἐν τῷ βραχίονι φλέβα τὴν ἔσω, τὴν<sup>7</sup> ἐφ' ὁπότερον ἂν ἦ τῶν μερέων, κατὰ

<sup>1</sup> MV: λεπτῶν λείων A.

<sup>2</sup> A: ἀπόστασιν στηρίξη MV.

<sup>3</sup> A: διαψάδες ἐσσι MV.

<sup>4</sup> Later mss: κριθῖνα AM: κριθῖνα V.

<sup>5</sup> ἐν . . . π. A: περιπνευμονικά καὶ πλευριτικά M.

<sup>6</sup> ἢ om. MV.

<sup>7</sup> τὴν om. MV.

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When these diseases come to maturity, there are discharges of thick sputa and of thin white urines.

30. For a fever with hiccups: knead together silphium juice, oxymel and dauke, and give this to drink; also all-heal juice in honey, a lozenge of cummin, and after that barley-water gruel. Such a patient does not escape unless critical sweats and regular sleep occur, and thick sharp urines come down, or unless the disease settles into abscesses. A lozenge of pine-cone and myrrh. Give such patients a very little oxymel to drink; if one happens to be very thirsty, give a little barley-water.

31. Conditions in the lung and pleurisy you must evaluate thus: if the fever is high and there are pains in one or both sides, if the patient suffers pain when he draws his breath, if he has a cough and it produces yellow-brown, livid, or thin frothy bright-coloured sputa, and if the patient is different in other ways from what is normal, you must proceed as follows with such patients: if the pain radiates upwards to the collar-bone, or is located about the breast or in the arm, you must incise the inner vessel of the arm on the affected side as



460 τόδε ἀφαιρέειν δὲ κατὰ τὴν τοῦ σώματος ἕξιν καὶ  
 ὥρην καὶ ἡλικίην καὶ χροίην πλέον καὶ θρασέων,  
 ἦν δὲ τὸ ἄλγημα ἐνῇ, ἄγειν πρὸς | λειποψυχίην  
 ἔπειτα κλύζειν μετὰ τοῦτο. ἦν δὲ ὑποκάτω τοῦ  
 θώρηκος τὸ ἄλγημα ἧ καὶ συντείνῃ πλείω<sup>1</sup> τῷ  
 πλευριτικῷ, τὴν κοιλίην ὑποκάθαιρε· μεσηγὺ δὲ  
 τῆς καθάρσιος μηδὲν δίδου μετὰ κάθαρσιν δὲ ὀξύ-  
 μελι. φαρμακεύειν δὲ τεταρταῖον· τὰς δὲ ἐξ ἀρ-  
 χῆς τρεῖς ὑποκλύζειν, κῆν μὴ κουφίζῃ, οὕτω δ'  
 ὑποκάθαιρε. φυλακὴ δὲ ἔστω ἕως ἀπυρέτου καὶ  
 ἐβδόμης. εἶτα, ἦν ἀσφαλῆς ἐὼν φαίνεται, οὕτω  
 χυλῷ ὀλίγῳ καὶ λεπτῷ τὸ πρῶτον καὶ μέλιτι μίς-  
 γων δίδου. ἦν δὲ ἀνάγῃ τε ῥηϊδίως καὶ εὖπνους  
 ἧ καὶ ἀνώδυνος τὰ πλευρὰ καὶ ἀπύρετος,<sup>2</sup> κατὰ  
 σμικρὸν παχυτέρῳ τε καὶ πλείονι καὶ δις τῆς  
 ἡμέρης. ἦν δὲ μὴ ῥηϊδίως ἀπαλλάσσειν, ἔλασσόν  
 462 τε τὸ πόμα καὶ τὸ ῥύ|φημα, ὀλίγον χυλὸν λεπτὸν  
 καὶ ἄπαξ, ἐν ὁποτέρῃ ἂν ὥρῃ βέλτιον διάγῃ  
 γνώσῃ δ' ἐκ τῶν οὔρων.

32. Δεῖ δὲ τὸ ῥύφημα προσφέρειν τοῖσιν ἐκ  
 τῶν νοσημάτων μὴ πρότερον ἢ πέποντα τὰ οὔρα ἢ  
 πτύσματα ἰδῆς γεγεννημένα. ἦν δὲ<sup>3</sup> φαρμακευ-  
 θεῖς συχνὰ καθαρθῇ, ἀναγκαῖον διδόναι, ἔλασσον  
 δὲ καὶ λεπτότερον· οὐ γὰρ δυνήσεται ὑπὸ κενεαγ-  
 γίης ὑπνώσσειν οὐδὲ πέσσειν ὁμοίως οὐδὲ τὰς

<sup>1</sup> A: λίην MV.<sup>2</sup> καὶ ἀπύρετος om. MV.<sup>3</sup> A adds μὴ.



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follows: draw off, according to the condition of the body, the season, and the patient's age and colour, a considerable amount, and even venture, if intense pain is present, to continue until the loss of consciousness; afterwards administer an enema. If there is pain below the thorax in a patient with pleurisy and it becomes more intense, clean the cavity downwards; while cleaning is taking place, give nothing, but afterwards give oxymel. Give a medication on the fourth day; on the first three days from the beginning use enemas, but if these do not lighten the patient, clean him downwards with a medication. Observe carefully until the disappearance of fever, and for seven days. Then, if the patient appears to be safe, first give a little thin juice with honey; if he expectorates easily and breathes freely, and if he has no pains in his sides and no fever, gradually give more juice and of a thicker consistency, twice daily. But if the patient is not recovering easily, the drink is to be less in amount and the gruel a little thin juice once a day, at whatever time the patient is doing better. You will recognize this from his urines.

32. You must not administer gruel to patients recovering from diseases before you see that their urines or sputa have become mature. However, if a patient has been cleaned out often by the use of medications, gruel must be given, though less in amount and thinner in consistency; for otherwise, on account of his emptiness, he will not be able to sleep, to bring the disease to maturity, or to with-

κρίσις ὑπομένειν· ἀλλ' ἐπειδὰν συντήξεις ὥμων φαίνονται καὶ τὰ ἀντέχοντα ἀποβάλλῃ, ἀνθέξει οὐδέν.

Πέποινα δ' ἐστὶν τὰ μὲν πτύαλα, ὅποταν γένηται ὁμοῖα τῷ πύῳ, τὰ δὲ οὖρα | τὰς ὑποστάσις  
464 ὑπερύθρους ἔχοντα, ὅποῖον ὀρόβων.

33. Οὐδὲν δὲ κωλύει καὶ πρὸς τὰ ἄλλα ἀλγήματα τῶν πλευρέων χλιάσματα προστιθέναι καὶ κηρώματα· ἀλείφειν δὲ σκέλεα καὶ ὀσφύν θερμῶ καὶ λίπος ἐγκαταλείφειν ἐπὶ δὲ ὑποχόνδρια λίνου σπέρμα καταπλάσσειν ἕως μαζῶν.

Ἀκμαζούσης δὲ τῆς περιπνευμονίης ἀβοήθητον μὴ ἀνακαθαιρομένου, καὶ πονηρόν, ἦν δύσπνους ἦ καὶ οὖρα λεπτὰ καὶ δριμέα καὶ ἰδρῶτες περὶ τράχηλον καὶ κεφαλὴν γίνονται. οἱ τοιοῦδε ἰδρῶτες πονηροί, ὑπὸ πνιγμοῦ καὶ ῥωχμῆς καὶ βίης ἐπικρατούντων τῶν νοσημάτων, ἦν μὴ οὖρα παχέα καὶ πολλὰ ὀρμῆσῃ καὶ πτύσματα πέποινα ἔλθῃ. ὅ τι δ' ἂν τούτων αὐτοματίσῃ, λύσει τὸ νόσημα.

466 34. Περιπνευμονίης ἐκλεικτόν· χαλβάνη | καὶ κόκκαλος ἐν μέλιτι Ἀττικῶ καὶ ἀβρότονον ἐν ὀξύμέλιτι πιεῖν <καὶ><sup>1</sup> πέπερι. ἐλλέβορον μέλανα ἀποζέσας πλευριτικῶ ἐν ἀρχῇσι περιωδύνῳ ἐόντι διδου. ἀγαθὸν δὲ καὶ τὸ πάνακες ἐν ὀξύμέλιτι ἀναζέσαντα καὶ διηθέοντα διδόναι πίνειν καὶ ἥπατι-

<sup>1</sup> Kuehlewein.

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stand the crises, but when wasting appears in his shoulders and he loses his resistance, he will not hold out at all.

Sputa are mature when they become like pus; urines, when they have reddish sediments like vetch-meal.

33. Nothing prevents applying fomentations and wax-salves against other pains in the sides as well; anoint the legs and lumbar region with warm oil, and rub in animal fat; apply linseed plasters to the hypochondrium up as far as the breasts.

When pneumonia is at its height, it is incurable if the patient is not well cleaned out, and bodes ill if he has difficulty breathing, if his urines are thin and sharp, and if there is sweating about his neck and head. Sweats of this kind indicate a bad outcome, with the diseases overcoming by suffocation, wheezing, and violence, unless copious thick urines begin and mature sputa come; if either of these occurs spontaneously, it will resolve the disease.

34. Lozenge for pneumonia: all-heal juice and pine-cone in Attic honey; also have the patient drink southernwood in oxymel, and pepper. Boil off black hellebore, and give it to the patient with pleurisy, at the beginning, when he is in great pain. It is also good to boil up all-heal in oxymel, and, sieving it, to give it to drink both to patients with liver

κοῖσι καὶ τῇσιν ἀπὸ τῶν φρενῶν περιωδυνήσι.

Καὶ ὅσα δὴ<sup>1</sup> ἐς κοιλίην καὶ ἐς οὖρησιν, ἐν οἴνῳ  
468 καὶ ἐν μέλιτι, | τὰ δ' ἐς κοιλίην ξὺν ὕδαρεϊ μελι-  
κρήτῳ πίνειν πλείον διδου.

35. (12 L.) Δυσεντερίῃ ἀπόστημα ἢ ἑπαρμά τι  
παυσαμένη ποιήσει, ἣν μὴ ἐς πυρετοὺς ἢ<sup>2</sup> ἰδρῶ-  
τας ἢ<sup>3</sup> οὖρα παχέα καὶ λευκὰ<sup>3</sup> ἐπιφανῇ ἢ ἐς τρι-  
ταίους ἢ ἐς κισσόν, ἢ ἐς ὄρχιν ἢ ἐς σκέλεα<sup>4</sup> ἢ ἐς  
ἰσχία στηρίζῃ ἢ ὀδύνῃ.

36. (13 L.) Ἐν πυρετῷ χολώδει πρὸ τῆς ἑβδό-  
μης μετὰ ῥίγεος ἵκτερος ἐπιγενόμενος λύει τὸ  
πυρετόν· ἄνευ δὲ ῥίγεος ἣν ἐπιγένηται ἔξω τῶν  
καιρῶν, ὀλέθριον.

37. (14 L.) Τετάνου δὲ ὁσφύος καὶ ἀπὸ μελαγ-  
χολικῶν διὰ φλεβῶν πνευμάτων ἀπολήψεις ὅταν  
470 ἔωσι, φλε|βοτομίῃ ῥύεται. ὅταν δ' ἀπὸ τῶν  
τενόντων σφοδρῶς ἔμπροσθεν ἀντισπῶνται καὶ  
ἰδρῶτες περὶ τράχηλον καὶ πρόσωπον, ὑπὸ τοῦ  
πόνου δακνομένων καὶ ξηραιομένων τῶν τενόν-  
των τῶν ὀρρωδέων—οἱ παχύτατοι τὴν ῥάχιν  
συνέχουσιν, ἢ οἱ μέγιστοι σύνδεσμοι καταπεφυκό-  
τες [ἔως]<sup>5</sup> ἐς πόδας ἀποτελευτῶσι—τῷ τοιῷδε,  
ἣν μὴ πυρετὸς ἐπιγένηται καὶ ὕπνος καὶ τὰ ἐπό-  
μενα οὖρα πέψιν ἔχοντα ἔλθῃ καὶ ἰδρῶτες κριτι-  
κοί, πίνειν <δίδου><sup>6</sup> οἶνον κισρὸν οἰνώδεα καὶ

<sup>1</sup> Ermerins: δει AMV.

<sup>2</sup> Kuehlewein: καὶ AMV.

<sup>3</sup> MV

add καὶ λευκὰ

<sup>4</sup> A adds ἀλγήματα.

<sup>5</sup> Del. Kuehlewein.

<sup>6</sup> Ermerins.

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complaints and to those with severe pains arising from the diaphragm.

Medications that act on the cavity and promote urine give to drink in wine and honey; those for the cavity must be given in greater amounts and with dilute melicrat.

35. Dysentery, when it ends, will give rise to an abscess or some swelling, unless it appears in fevers, in sweats, in thick white urines, in tertians, or in a varix, or unless a pain settles in a testicle, in the legs, or in the hips.

36. In a bilious fever, a jaundice with chills occurring before the seventh day resolves the fever; but if it occurs without chills outside this favourable period, it is a mortal sign.

37. Phlebotomy relieves lumbar tetanus, and also from melancholic airs in the vessels, when there are stoppages. But when the patients are drawn excessively forward by their tendons and they sweat about the neck and face, the tendons of the lower back being irritated and dried out by the stress—that is, the thickest ones, which hold the spine together where the very large ligaments terminate that go down to the feet—to such a patient, unless fever and sleep supervene, and the urines that follow arrive in a state of maturity, or unless there are critical sweats, give strong light-coloured

ἄλητον ἐφθὸν ἐσθίειν καὶ κηρωτῇ ἀλείφειν καὶ  
 ἐγχρίειν, τὰ τε σκέλεα περιελίσσειν ἕως τῶν πο-  
 δῶν, θερμῷ προβρέχων ἐν σκάφῃ, καὶ βραχίονας<sup>1</sup>  
 κατελίσσειν, καὶ ὁσφῦν ἀπὸ τοῦ τραχήλου ἕως  
 472 τῶν ἰσχύων, λάσιον<sup>2</sup> | ἐγκηρώσας, ὅπως καὶ τὰ  
 ἔμπροσθεν περιέξει καὶ διαλιπῶν πυρία τοῖσιν  
 ἀσκίοισι, θερμὸν ὕδωρ ἐγχέων, καὶ περιτείνων  
 σινδόνιον ἐπανάκλινε αὐτόν. (38.) κοιλίην δὲ μὴ  
 λύσης, ἣν μὴ βαλάνω, ἣν πολὺς χρόνος ἢ ἀδια-  
 χωρήτῳ εἴσῃ. καὶ ἣν μὲν τί σοι ἐπιδιδῶ ἐπὶ τὸ  
 474 | βέλτιον· εἰ δὲ μὴ, τοῦ μάδου τῆς ῥίζης τρίβων  
 ἐν οἴνῳ εὐώδει καὶ τοῦ δαύκου πίνειν δίδου πρῶτ'  
 νήστι πρὸ τοῦ βρέχειν, καὶ τάχα ἐπὶ τούτοισιν τὸ  
 ἄλευρον ἐφθὸν χλιερὸν ἐσθιέτω ὥς πλεῖστον καὶ  
 οἶνον, ὅταν βούληται, εὐκρητον ἐπιπινέτω. καὶ  
 ἣν μὲν σοι ἐπιδιδῶ ἐπὶ τὸ βέλτιον· εἰ δὲ μὴ, προ-  
 λέγειν.

39. (15 L.) Τὰ δὲ νοσήματα πάντα λύεται ἢ  
 κατὰ στόμα ἢ κατὰ κοιλίην ἢ κατὰ κύστιν<sup>3</sup> ἢ δὲ  
 τοῦ ἰδρώτος ἰδέη κοινὸν ἀπάντων.

40. (16 L.) Ἐλλεβορίζειν δὲ χρὴ οἷς ἀπὸ κεφα-  
 λῆς φέρεται ῥεῦμα· ὅσοι δὲ ἐξ ἀποστημάτων ἢ  
 φλεβορραγίης ἢ δι' ἀκρησίην ἢ δι' ἄλλην τινὰ  
 ἰσχυρὴν αἰτίην ἔμπυοι γίνονται, μὴ δίδου ἐλλέβο-

<sup>1</sup> MV add ἕως δακτύλων.

<sup>2</sup> Littre, from Erotian (Nach-  
 manson p. 58) and Galen (Kuhn XIX. 117): ἐσθίουσαν A: σάλαν  
 MV.

<sup>3</sup> MV add ἢ τινος ἄλλου τοιοῦδε ἄρθρου.

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wine to drink, and boiled flour to eat. Smear and anoint with wax-salves: bind the legs as far down as the feet, after first soaking them in a warm basin, and wrap the arms and the back from the neck to the hips with a rough piece of cloth rubbed in wax, in such a way that the bandage also encloses the anterior region. Apply fomentations now and then with small leather skins into which you have poured hot water; cover the patient with linen, and have him lie down. (38.) Do not open the cavity except with a suppository, if it has been closed for a long time. If the condition changes for the better, as the result of your attention, fine; if not, grate bryony root and dauke into sweet-smelling wine, and give this to the patient to drink in the fasting state, early in the morning before any water is applied externally; immediately after that let him eat as much warm boiled meal as he can, and then drink wine well mixed with water whenever he wishes. If the condition improves with your measures, fine; if not, predict accordingly.

39. All diseases are resolved through either the mouth, the cavity, or the bladder; sweating is a form of resolution common to them all.

40. You must give hellebore to those in whom a flux from the head has occurred; but to those that suppurate internally from abscesses or from the bursting of a vessel, or because of intemperance, or because of any other potent condition, do not give



476 ρον.<sup>1</sup> οὐδὲν γὰρ | ὠφελήσει, καὶ ἦν τι πάθη,  
αἷτιος δόξει εἶναι ὁ ἐλλέβορος. ἦν δὲ διαλύηται  
τὸ σῶμα ἢ πόνος ἐν κεφαλῇ ἢ ἢ ἐμπεπλασμένα  
τὰ ὠτα ἢ ῥίς. ἢ πτυαλισμός ἢ γουνάτων βάρος  
ἢ σώματος ὄγκος παρὰ τὸ ἔθος, ὃ τι ἂν συμβαίνη  
μήτε ὑπὸ πότων μήτε ὑπὸ ἀφροδισίων μήτε ὑπὸ  
λύπης μήτε ὑπὸ φροντίδων μήτε ἀγρυπνιῶν ἦν  
μὲν τι τούτων ἔχη αἷτιον, πρὸς τοῦτο ποιέεσθαι  
τὴν θεραπείην.

41. (17 L.) Τὰ δ' ἐκ πορείης ἀλγήματα πλευ-  
ρέων, νώτου, ὀσφύος, ἰσχύων, καὶ ὅσα ἀναπνέον-  
τες ἀλγέουσι πρόφασιν ἔχοντες· πολλάκις γὰρ<sup>2</sup>  
478 μεμάθηκε φοιτᾶν ἐκ κραι|παλέων καὶ βρωμάτων  
φυσωδέων ἀλγήματα καὶ ἐς ὀσφῦν καὶ ἐς ἰσχία·  
οἷσι δ' ἂν ἢ αὐτῶν τοιάδε, δυσουρέεται. τούτων  
δὲ πορείη αἰτίη καὶ κορυζέων καὶ βράγχων.

42. (18 L.) Ὅσα δὲ ἀπὸ διαιτημάτων, τὰ μὲν  
πολλά, ἕκαστος ὥς ἂν παρὰ τὸ ἔθος διαιτηθῇ  
μάλιστα, ἐπισημαίνει. καὶ γὰρ ὅσοι ἂν μὴ μεμαθη-  
κότες ἀριστᾶν<sup>3</sup> ἀριστήσωσιν, ὄγκος πολὺς αὐτοῖ-  
σιν τῆς γαστρὸς καὶ νυσταγμός καὶ πληθώρα ἦν  
δὲ δειπνήσωσι,<sup>4</sup> κοιλίη ἐκταράσσεται. ξυμφέροι<sup>5</sup>  
δ' ἂν τούτοισιν ἐκλουσαμένοισι καθεύδειν κοιμη-  
θέντας δὲ περιπατῆσαι βραδέως συχνὴν περίοδον.  
καὶ ἦν μὲν λαπαχθῇ, δειπνήσαι καὶ πιεῖν οἶνον

<sup>1</sup> MV add τοῖσι τ(οῖς)αἰτίαισι.

add ἦν. <sup>4</sup> A: ἐπι- MV.

<sup>2</sup> πολλάκις γὰρ om. A.

<sup>3</sup> MV

<sup>5</sup> Kuehlewein: ξυμφέροι AMV.



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hellebore: for it will do no good, and if anything happens to the patient, the hellebore will seem to have been to blame. If the body is weakened, if there is pain in the head, if the ears or the nose are stopped, or if there is ptyalism, heaviness of the knees, or fullness of the body beyond what is normal, give hellebore,<sup>1</sup> provided that the condition is not the result of drink, venery, grief, anxiety or sleeplessness; if the condition has one of these as its cause, let the treatment be directed against that.

41. Pains of the sides, back, loins and hips from walking, and pains connected with inspiration that patients suffer for some obvious reason; for pains regularly invade the lower back and hips as the result of drunkenness and flatulent foods: in whichever patients such things occur, there is dysuria. Walking is to blame for these things, and also for coryzas and sore throats.

42. Many effects resulting from the conduct of life show themselves particularly when a person conducts his life otherwise than is his habit. Thus, for example, if those not used to taking breakfast do so, they experience a great heaviness of the belly, drowsiness, and fullness, and if they take dinner, their cavity is set in motion. It would benefit such patients to have an enema and to go to bed, and after sleeping to go for a long slow walk. If the patient is emptied, let him dine, and drink a

<sup>1</sup> Galen, in his commentary (Kühn XV. 867 = CMG V 9, 1 p. 339), indicates that in this passage the author advises the administration of hellebore; thus I understand *δίδου ἐλλέβορον*.

ἐλάσσονα ἀκρητέστερον ἦν δὲ μὴ λαπαχθῇ, ὑπο-  
χρίσασθαι τὸ σῶμα θερμῷ. καὶ ἦν διψῇ. ὑδαρέα  
οἶνον γλυκὺν ἢ λευκὸν ἐπιπιόντα ἀναπαύεσθαι  
ἦν δὲ μὴ ἐγκοιμηθῇ, πλείω ἀναπαύεσθαι.<sup>1</sup> τὰ δ'  
ἄλλα ὁμοίως τοῖς ἐκ κραιπάλης διαιτάσθω.

480 43. Τὰ δὲ | ἀπὸ πομάτων ὅσα μὲν ὑδαρέα,  
βραδύπορά<sup>2</sup> ἐστὶ καὶ ἐγκυκλείται καὶ ἐπιπολάζει  
περὶ ὑποχόνδρια καὶ ἐς οὔρησιν οὐ κατατρέχει.  
τοιούτου δὲ πόματος πληρωθεὶς μηδὲν ἔργον  
ὀξέως διαπρήξῃ, ὁπόσα τῷ σώματι συνταθέντι ἢ  
βίῃ ἢ τάχει πονεῖν συμβαίνει ὡς μάλιστα δὲ ἡσυ-  
χαζέτω, μέχρι καταπεφθῇ μετὰ τῶν σιτίων.  
ὁπόσα δὲ τῶν πομάτων ἀκρητέστερά ἐστὶν ἢ  
αὐστηρότερα, παλμὸν ἐν τῷ σώματι καὶ σφυγμὸν  
ἐν τῇ κεφαλῇ ἐμποιέει. τούτοις καλῶς ἔχει<sup>3</sup>  
ἐπικοιμᾶσθαι καὶ θερμὸν τι ἐπιρρυφεῖν, πρὸς ὃ τι  
μάλιστα ἥδιστα ἔχουσιν. νηστείῃ δὲ πονηρὸν πρὸς  
τὴν κεφαλαλγίην καὶ κραιπάλην.

482 44. Ὅποσοι δὲ μονοσιτεῦσι, | κενοὶ καὶ ἀδύνα-  
τοί εἰσι καὶ οὐρέουσι θερμὸν παρὰ τὸ ἔθος κενεαγ-  
γέοντες. γίνεται δὲ καὶ τὸ στόμα ἀλμυρὸν ἢ<sup>4</sup> καὶ  
πικρὸν, καὶ τρέμουσιν ἐν παντὶ ἔργῳ καὶ κροτά-  
φους ἐπισυντείνονται καὶ τὸ δεῖπνον οὐ δύνανται  
πέσσειν, ὅπως περ ἦν<sup>5</sup> ἡρισθηκότες ἔωσιν.  
τούτους δὲ χρὴ δειπνεῖν ἔλασσον ἢ μεμαθήκασι

<sup>1</sup> ἦν δὲ . . . ἂ. om. A.

<sup>2</sup> A: -πορώτερά MV.

<sup>3</sup> MV: ἔχοι A.

<sup>4</sup> ἢ om. MV.

<sup>5</sup> ἦν om. A.

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smallish amount of nearly neat wine; but if he is not emptied, anoint his body with warm oil; if he is thirsty, let him drink dilute sweet or white wine, and rest; if he does not sleep, let him rest even longer. The remainder of his treatment is to be conducted as for those suffering the after-effects of drunkenness.

43. The effects of beverages: those that are aqueous advance slowly, are enclosed, and remain high up about the hypochondrium; they do not run down to pass off as urine. When he is filled with such a drink, let the person not soon perform any physical task of the kind that cause the body to labour, strained by exertion or speed, but rest as much as possible until the drink is digested with his food. Beverages that are more concentrated or harsher provoke palpitation in the body and throbbing in the head. It is good for persons in this case to sleep, and afterwards to drink some kind of warm gruel, whichever kind they like best. Fasting is harmful for headache and the after-effects of drunkenness.

44. Those who eat only once a day<sup>1</sup> become exhausted and weak, and pass warm urine on account of their abnormal emptiness. Their mouth becomes salty, or even bitter, they tremble in every activity, have a feeling of tightness in their temples, and are unable to digest their dinner as they would have if they had had a breakfast. These persons must eat less at dinner than they are

<sup>1</sup> Understand "contrary to their usual habit" (see beginning of ch. 42 above). This chapter and chapter 42 share much with *Regimen in Acute Diseases* 28-33 and *Ancient Medicine* 10.

καὶ ὑγροτέραν μᾶζαν ἀντὶ ἄρτου καὶ λαχάνων  
 λάπαθον ἢ μολόχην<sup>1</sup> ἢ πτισάνην ἢ τεῦτλα.  
 πίνειν δὲ κατὰ τὸ σιτίον οἶνον, ὅσον σύμμετρον,  
 καὶ ὑδαρέστερον καὶ ἀπὸ δείπνου περιπατῆσαι  
 ὀλίγον, ἕως οὔρα καταδράμῃ καὶ οὐρήσῃ. χρήσθω  
 δὲ καὶ ἰχθύσιν ἐφθοῖσιν.

45. Βρώματα δὲ μάλιστα ἐπισημαίνει σκόρο-  
 δον φῦσαν καὶ θέρμην περὶ τὸν θώρηκα καὶ κεφα-  
 λῆς βάρος καὶ ἄσπην, καὶ εἴ τι ἄλλο ἄλγημα εἴη  
 484 μεμαθηκὸς πρόσθεν, παροξύνειεν | ἄν οὐρητικὸν  
 δέ, καὶ τοῦτ' ἔχει ἀγαθόν· ἄριστον δ' αὐτοῦ  
 φαγεῖν μέλλοντι ἐς πόσιν ἵεναι ἢ μεθύοντι.

46. Τυρὸς δὲ φῦσαν καὶ στεγνότητα <καὶ><sup>2</sup>  
 σιτίων ἑξαψιν ποιεῖ, τό τ'<sup>3</sup> ὠμὸν καὶ ἄπεπτον,  
 κάκιστον δὲ ἐν ποτῶ φαγεῖν πεπληρωμένοισιν.

47. Ὅσπρια δὲ πάντα φυσώδεα, καὶ ὠμὰ καὶ  
 ἐφθὰ καὶ πεφρυγμένα, ἥκιστα δὲ βεβρεγμένα ἢ |  
 486 χλωρά. τούτοις δὲ μὴ χρῆσθαι, εἰ μὴ μετὰ  
 σιτίων. ἔχει δὲ καὶ ἰδίας μοχθηρίας ἕκαστον  
 αὐτῶν. ἐρέβινθος μὲν φῦσαν, <καὶ><sup>4</sup> ὠμὸς καὶ  
 πεφρυγμένος, καὶ πόνον ἐμποιεῖ· φακὸς δὲ στύφει  
 καὶ ἄραδον ἐμποιεῖ, ἣν μετὰ τοῦ φλοιοῦ ῆ. θέρ-  
 μος δὲ τούτων ἥκιστα<sup>5</sup> κακὰ ἔχει.

<sup>1</sup> A: μαλάχην MV.

<sup>2</sup> Later mss.

<sup>3</sup> Later mss: τὸ δ' A:

om. MV.

<sup>4</sup> Ermerins.

<sup>5</sup> τ. ῆ. MV: ῆ. τ. ἐλάχιστα A.

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used to, replace bread with quite moist barley-cake, and of vegetables have dock, mallow, peeled barley or beets. With their food, let them drink wine in a reasonable amount and quite dilute, and after dinner walk a little until urine runs down and is passed. Let the person also eat boiled fish.

45. Foods, in most cases, show their effects. Garlic, for example, produces flatus and heat about the thorax, heaviness of the head, and nausea, and, if any other pain was habitually present before, garlic will exacerbate it; it is diuretic, and this is of advantage; it is best of all to eat some if one is about to go drinking or is already drunk.

46. Cheese produces flatus, constipation, and heating of the other foods, and also gives rise to raw and undigested substances. The worst thing is for those already full to eat it together with their drink.

47. All pulses produce flatulence, whether they are raw, boiled or roasted, but least when steeped in water, or green. They are not to be employed except together with other foods. Also, each one of them has its own particular dangers. The chick-pea, both raw and when roasted, produces flatulence and pain; the lentil contracts and is laxative, if it has its hull. The lupin is the least injurious of the pulses.

48. Σίλφιον δὲ καὶ ὀπός· ἔστι μὲν οἷσι μάλι-  
 488 στα, τοῖσι δὲ | ἀπείροις οὐ διέρχεται ἡ κοιλία.<sup>1</sup>  
 ἀλλὰ καλέεται ξηρὴ χολέρη. μάλιστα δὲ γίνεται,  
 ἣν μετὰ πολλοῦ τυροῦ μειχθῇ ἢ κρηφαγίης  
 κρεῶν βοείων· τὰ μὲν γὰρ μελαγχολικὰ παροξυν-  
 θεῖη ἂν παθήματα ὑπὸ βοείων κρεῶν ἀνυπέρβλη-  
 τος γὰρ ἡ φύσις αὐτῶν, καὶ οὐ τῆς τυχούσης |  
 490 κοιλίης καταπέψαι. βέλτιστα δ' ἂν ἀπαλλά-  
 ξαιεν, εἰ διέφθοισί τε χρέοιντο καὶ ὥς παλαιοτά-  
 τοισιν.<sup>2</sup>

49. Αἰγεία δὲ κρέα ὅσα τε ἐν βοείοις ἐνὶ κακὰ  
 492 πάντ' ἔχει τήν τε | ἀπεψίην, καὶ φυσωδέστερα  
 καὶ ἐρευγματώδεα καὶ χολέρην ποιεῖ. ἔστι δὲ τὰ  
 εὐωδέστατα<sup>3</sup> καὶ ἥδιστα. ταῦτα ἄριστα διέφθα  
 καὶ ψυχρά· τὰ δ' ἀηδέστερα δυσώδεα καὶ σκληρά·  
 ταῦτα κάκιστα. καὶ τὰ πρόσφατα βέλτιστα<sup>4</sup> δ'  
 ἐστὶ τῇ θερινῇ, μετοπώρου δὲ κάκιστα.

50. Χοίρου δὲ πονηρά, ὅταν ᾗ ἐνωμότερα ἢ  
 περικαῇ· χολερώδεα δ' ἂν εἶη καὶ ταρακτικά.<sup>5</sup>  
 494 ὕγια δὲ βέλτιστα τῶν κρεῶν | πάντων κράτιστα  
 δὲ τὰ μήτε ἰσχυρῶς πίονα μήτε λεπτὰ μήτε ἡλι-  
 κίην παλαιοῦ ἱερείου. ἐσθίειν δὲ ἄνευ τῆς φορίνης  
 καὶ ὑπόψυχα.

<sup>1</sup> AMV: τῇ -ίη Galen.    <sup>2</sup> AMV: ἀπαλωτάτοιον Coray in Lit-  
 tré.    <sup>3</sup> MV: -τερα στερεὰ A.    <sup>4</sup> MV: βέλτιον A.    <sup>5</sup> A: ἐκ- MV.

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48. Silphium and its juice pass through the cavity very well in some persons, but not in others, who are unused to them, and produce what is called dry cholera. This occurs especially if the silphium is mixed with much cheese or eaten with beef, since melancholic affections are aggravated by beef, owing to its obdurate nature, and to the fact that it is not digested by just any cavity. The sufferer would be best relieved if he were to eat beef thoroughly boiled and well-aged.

49. Goat's meat possesses all the same disadvantages and the indigestibility of beef, but is more flatulent and produces belching and cholera. The most fragrant is also the most wholesome; this is best well-boiled and cold. The less pleasant kind is foul-smelling and tough; this is the worst kind.<sup>1</sup> Fresh goat's meat is best in summer, worst in autumn.

50. The meat of young pig is injurious when it is either too raw or scorched, since then it is likely to produce cholera and to set the cavity in motion. Pork is the best of all meats; the most nutritious is that which is neither very fat nor very lean, and which has not the age of an old slaughter-animal; eat it without the skin, and slightly cooled.

<sup>1</sup> The traditional punctuation connects ταῦτα κάκιστα with what follows rather than with what precedes, e.g. Joly: *la plus mauvaise est la plus fraîche*.



51. (19 L.) Χολέρης δὲ ξηρῆς ἢ γαστήρ πεφύ-  
 σηται, καὶ ψόφοι ἔνεισι καὶ ὀδύνη πλευρέων καὶ  
 ὀσφύος, διαχωρεῖ δ' οὐδὲν κάτω, ἀλλ' ἀπεστέ-  
 γνυται. τὸν τοιόνδε διαφύλαξον, ὅπως μὴ ἐμέε-  
 ται, ἀλλὰ κοιλίῃ ὑπελεύσεται. κλύσον οὖν ὅτι  
 496 τάχιστα<sup>1</sup> θερμῶ καὶ ὡς λιπαρωτάτῳ καὶ ἐς ὕδωρ  
 ἀλείφων ὡς πλείστῳ κάθιε θερμόν, ἐν σκάφῃ  
 κατακλίνων, καὶ τοῦ θερμοῦ παράχει κατὰ σμι-  
 κρόν<sup>2</sup> καὶ ἦν | θερμαινομένῳ αὐτῷ ἢ κοιλίῃ ὑπὲρ  
 λέλυται. συμφέρεи δὲ καὶ ἐγκοιμᾶσθαι τῷ τοιῷδε  
 καὶ πίνειν οἶνον λεπτὸν καὶ παλαιὸν καὶ ἀκρητέ-  
 στερον καὶ ἔλαιον δίδου, ὥστε ἡσυχίῃ καὶ ἢ  
 κοιλίῃ ὑπὲρ, καὶ λέλυται·<sup>3</sup> σίτων δὲ καὶ τῶν  
 ἄλλων ἀπεχέσθω. ἦν δὲ μὴ ἀνῆ<sup>3</sup> ὁ πόνος, ὅνου  
 γάλα δίδου πίνειν ὅπως<sup>4</sup> καθαρῇ. ἦν δὲ ὑγρὴ ἢ ἢ  
 κοιλίῃ καὶ χολὴ ὑποχωρῇ, καὶ στρόφοι καὶ ἔμετοι  
 καὶ πνιγμοὶ καὶ δηγμοί, τούτοισι δὴ<sup>5</sup> κράτιστον  
 ἀτρεμίζειν πίνειν δὲ μελίκρητον καὶ μὴ ἐξεμέειν.

52. (20 L.) Ὑδρώπων δύο μὲν φύσεις, ὧν ὁ  
 498 μὲν ὁ ὑπὸ τῇ σαρκὶ | ἐγχειρέων γίνεσθαι ἄφυκ-  
 τος, ὁ δὲ μετ' ἐμφυσημάτων πολλῆς εὐτυχίης δε-  
 ὅμενος, μάλιστα μὲν τάλαιπωρίας καὶ πυρίης καὶ  
 ἐγκρατείης.<sup>6</sup> ξηρὰ δὲ καὶ δριμέα ἐσθιέτω οὕτω  
 γὰρ ἂν οὐρητικώτατος εἴη καὶ ἰσχύοι μάλιστα.

<sup>1</sup> A: τάχος MV.

<sup>2</sup> MV: σμικρόν παράχει A.

<sup>3</sup> Later mss:

ἀνείη AMV.

<sup>4</sup> A: ὥς MV.

<sup>5</sup> A: δὲ MV.

<sup>6</sup> Galen: -ίη

καὶ -ίη καὶ -ίη A: ὑπὸ τάλαιπωρίας καὶ ἐγκρατείης MV.



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51. In dry cholera the belly is distended with air, rumbling sounds are heard, pain occupies the sides and the loins, and nothing passes off below, for there is a blockage. Take care that such a patient does not vomit, but that his cavity is evacuated downwards; clean him out as quickly as possible with an enema of warm very oily water. Lower him into hot water, anoint with plentiful oil, and, laying him down in the tub, pour in hot water a little at a time. If, when he is warmed, his cavity evacuates, resolution has taken place. It also benefits such a patient to sleep, and to drink thin old wine almost undiluted; also give him olive oil [so that there is peace and his cavity evacuates, and resolution has taken place];<sup>1</sup> let the patient refrain from cereals and other foods. If the pain does not remit, give ass's milk to drink, in order to clean the patient out. If the cavity is moist and bile passes down, and colic, vomiting, choking and a gnawing pain are present, it is best for these patients to remain still; let them drink melicrat, and not vomit it up.

52. Of dropsies there are two forms: the one, attacking beneath the tissues, is inescapable; the other, accompanied by tympanites, requires very good fortune, and above all exercise, vapour-baths, and self-control. Let the patient eat foods that are dry and sharp, for thus will he pass the most urine,

<sup>1</sup> Many attempts have been made to solve this crux, none very convincing. Littré reads the text of the manuscripts and translates: *afin qu'il se calme et qu'il ait des évacuations: car alors il est guéri*. I suspect that "resolution has taken place" has mistakenly been repeated here from the previous sentence.

500 ἦν δὲ δύσπνους γένηται καὶ ἡ ὥρα θερινή<sup>1</sup> ἐοῦσα  
τύχη καὶ ἡ ἡλικίη ἀκμάζῃ,<sup>2</sup> ἀπὸ τοῦ βραχίονος  
αἷμα ἀφαιρεῖν εἶτα θερμούς ἄρτους ἐξ οἴνου μέλα-  
νος καὶ ἐλαίου | ἀποβάπτων ἐσθιέτω καὶ ὡς ἐλά-  
χιστα πίνων ὡς πλεῖστα πονεῖτω. καὶ κρέα ὕεια  
σαρκώδεα ἐσθιέτω ἐξ ὄξους ἐφθά, ὅπως πρὸς τοὺς  
ἀνάντεας περιπάτους ἀντέχῃ.

53. (21 L.) Ὀκόσοι κοιλίας τὰς κάτω θερμὰς  
ἔχουσι καὶ δριμέα τὰ ὑποχωρήματα καὶ ἀνώματα  
διέρχεται ὑπὸ συντήξις αὐτοῖς, ἦν μὲν δυνατοὶ  
ἔωσιν, ἀντισπάσαι ἐλλεβόρω<sup>3</sup> ἦν δὲ μή, ὁ χυλὸς  
τῶν σητανίων πυρῶν, παχύς, ψυχρὸς καὶ τὸ φά-  
κινον ἔτνος καὶ ἄρτοι ἐγκρυφίαι καὶ ἰχθύες πυρέσ-  
σουντι μὲν ἐφθοί, ἀπυρέτω δὲ<sup>4</sup> ὀπτοί· καὶ οἶνος  
μέλας ἀπυρέτω, εἰ δὲ μή, ὕδωρ ἀπὸ μεσπίλων ἢ  
μύρτων ἢ οὔων ἢ μήλων ἢ φοίνικος βαλάνων<sup>5</sup> ἢ  
οἰνάνθης ἀμπέλου. ἦν δὲ πυρετὸς<sup>6</sup> ἔχῃ καὶ στρό-  
φοι ἔχωσι, γάλα ὄνειον<sup>7</sup> | ὀλίγον θερμὸν τὸ πρῶ-  
τον, ἔπειτα δὲ ἐκ προσαγωγῆς πλεῖον καὶ λίνου  
σπέρμα καὶ πύρινα ἄλφита καὶ τῶν Αἰγυπτίων  
κυάμων ἐξελὼν τὰ πικρά, καταλέσας, ἐπιπάσσων  
πινέτω ἢ ὡς ἡμιπαγέα ἐσθιέτω ὀπτὰ καὶ σεμίδα-  
λιν καὶ κέγχρον καὶ χόνδρον ἐφθὸν ἐν γάλακτι

<sup>1</sup> A: ἔαρινή MV.

α. MV.

<sup>2</sup> MV add καὶ ῥάμη ἢ.

<sup>4</sup> MV add ἐόντι.

<sup>3</sup> A: ε. τῶ λευκῷ

<sup>5</sup> A: φοινικοβαλάνων MV.

<sup>6</sup> MV add τε μή.

<sup>7</sup> A: βόειον MV.

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and have the greatest strength. If he has difficulty breathing, it happens to be the summer season, and he is in the prime of life, draw blood from his arm. Then let him eat warm bread dipped in dark wine and olive oil, drink as little as possible, and exercise himself as much as possible. Have him eat lean pork, boiled in vinegar, in order to be able to withstand up-hill walks.

53. Let those with hot lower cavities, and in whom sharp irregular evacuations occur because of colliquation, check this, if they can stand it, with a dose of hellebore. If not, administer thick cold water from spring-wheat, thick lentil soup, bread baked in ashes and, to those with fever, boiled fish, to those without, roasted fish; also give dark wine to those without fever, but otherwise water made from medlars, myrtle-berries, sorbs, apples, dates, or the flowers of grape-vines. If fever and colic are present, have the patient first drink a little warm ass's milk, and then more and more ass's milk over which have been sprinkled linseed, wheat meal, and ground Egyptian beans from which the bitter parts have been removed; or he can eat medium-fried eggs, and the finest wheat flour, millet, and spelt groats boiled in milk; let these be boiled and

ἐφθὰ ψυχρὰ ἐσθίειν. καὶ τὰ τούτοις ὁμοῖα καὶ ποτὰ καὶ ἐδέσματα προσφερέσθω.

504 54. (22 L.) Τῆς διαιτητικῆς ἐστὶ μέγιστον παρατηρεῖν καὶ παραφυλάσσειν<sup>1</sup> ἐν τοῖσι μακροῖσιν ἄρρωσθήμασι καὶ τὰς | ἐπιτάσιας τῶν πυρετῶν καὶ τὰς ἀνέσιας, ὥστε τοὺς καιροὺς διαπεφυλάχθαι, ὅποτε μὴ δεῖ τὰ σιτία προσενεγκεῖν, καὶ ἀσφαλῶς ὅποτε δεῖ προσενεγκεῖν εἰδέναι, ἔστι δ' ὅταν<sup>2</sup> πλεῖστον ἀπέχῃσι τῆς ἐπιτάσιος.<sup>3</sup>

506 55. (23 L.) Εἰδέναι δὲ τοὺς κεφαλαλγικοὺς ἐκ γυμνασίων ἢ δρόμων ἢ πορειῶν ἢ κυνηγίων ἢ ἄλλου τευ πόνου ἀκαίρου ἢ ἐξ ἀφροδισίων, τοὺς ἀχρούς, τοὺς βραγχαλέους, τοὺς σπληνώδεας, τοὺς λειφαίμους, τοὺς πνευματώδεας καὶ ξηρὰ βήσσοντας καὶ διψώδεας, τοὺς φυσώδεας, φλεβῶν ἀπολήψιας, ἐντεταμένους ὑποχόνδρια καὶ πλευρὰ καὶ μετάφρενον, τοὺς ἀπονεναρκωμένους καὶ ἀμαυρὰ βλέποντας καὶ οἷς ἦχοι τῶν ὠτων ἐμπίπτουσιν καὶ τῆς οὐρήθρης ἀκρατῶς διακειμένους, τοὺς ἰκτεριώδεας καὶ ὧν αἱ κοιλίαι ὠμὰ ἐκβάλλουσιν | ἢ αἱμορραγέοντας ἐκ ῥινὸς ἢ καθ' ἔδρην σφοδρῶς, ἣν ἐν ἐμφυσήμασιν ἔωσιν ἢ πόνος αὐτοῖς ἐπιτρέχῃ σφοδρὸς καὶ μὴ ἐπικρατέωσιν. τῶν τοιῶνδε μηδένα φαρμακεύειν. κίνδυνόν τε

<sup>1</sup> π. Α: φυλάσσειν ὥσπερ ἐν τοῖς ὀξέσι καὶ ΜV.

<sup>2</sup> Α adds τι.

<sup>3</sup> Μ: ἀποστάσιος Α: ἐπιστάσης V.

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cooled. In addition, both drinks and foods similar to these are to be administered.

54. The most important part of the dietetic art is to observe and watch closely during long illnesses for the exacerbations of the fevers and for their remissions, so as carefully to avoid the particular times when foods must not be given, and to know when they may be given with safety, namely, when patients are furthest from the exacerbation.

55. Take note of patients with headaches that have arisen from physical exercises, running, walking, hunting, some other untimely exertion, or venery, and of those with poor colour, a sore throat, disease of the spleen, lack of blood, asthma, a dry cough, excessive thirst, flatulence, stoppage of the vessels, tension of the hypochondrium, sides and back, numbness, dullness of vision, ringing in the ears, loss of command over the urethra, jaundice, the passage of undigested stools, excessive bleeding from the nose or through the anus, tympanites, or an attack of severe pain they do not overcome: do not treat any of these with a medication, for that

γὰρ ἔξει<sup>1</sup> καὶ οὐδὲν ὠφελήσεις τὰς τε ἀπὸ τοῦ αὐτομάτου κρίσιος ἀφαιρήσεις.

510 56. (24 L.) Ἦν δὲ αἷμά τινα συμφέρη ἀφαιρέειν, στερεὴν πρότερον ποίειν τὴν κοιλίην καὶ οὕτως ἀφαιρέειν<sup>2</sup> καὶ λιμοκτονέειν καὶ οἶνον ἀφαιρέειν αὐτῷ.<sup>3</sup> ἔπειτα τῇ διαίτῃ τὰ ἐπίλοιπα αὐτὸν καὶ πυρίησιν ἐνίκμοισι | θεράπευε. ἦν δέ σοι κατάπυκνος ἡ κοιλίη δοκέη εἶναι, μαλθακῶ κλύσ-  
ματι ὑπόκλυζε.

512 57. (25 L.) Ἦν δὲ φαρμακεῦσαι δόξη, ἐλλεβόρω ἀσφαλέως ἄνω κάθαιρε· κάτω δὲ μηδενὶ τῶν τοιῶνδε. κράτιστον δὲ ἐς οὖρησιν καὶ ἐς ἰδρώτας καὶ ἐς περιπάτους ἄγειν. καὶ τρίψει ἡσύχῳ χρέω, ἵνα μὴ πυκνώσῃς τὴν ἔξιν· ἦν δὲ κλινοπετῆς ἦ, ἄλλοι τριβόντων αὐτόν. καὶ ἦν μὲν ἐν τῷ θώρηκι ὑπὲρ τῶν φρενῶν λυπέη τὸ πάθος, ἀνακαθίζέτω<sup>4</sup> ὥς πλειστάκις, καὶ ὥς ἥκιστα προσκλινέσθωσαν, ἐς ὃ τι δυνατοί εἰσιν, καὶ καθίζοντα ἀνατριβόντων πολὺν χρόνον θερμῷ πολλῷ. ἦν δ' ἐν τῇ κάτω κοιλίῃ ὑπὸ φρένας ἴσχη τὰ ἀλγήματα, ἀνακεῖσθαι συμφέρει καὶ μηδεμίαν κίνησιν κινεῖσθαι. τῷ  
512 τοιῶνδε | σώματι μηδὲν προσφέρεσθαι ἔξω τῆς ἀνατρίψιος. τὰ δ' ἐκ τῆς κάτω κοιλίης λυόμενα δι' οὖρων καὶ ἰδρώτων, ἦν ὀλίσθη μετρίως, ὑπὸ αὐτοματισμοῦ λύεται, τὰ σμικρά· τὰ σφοδρὰ δὲ

<sup>1</sup> Vassaeus from Galen: ὀξέες A: ἔξεις MV.

ἀφαιρέειν om. A.

<sup>2</sup> πρότερον . . .

<sup>3</sup> Joly from the later ms. P of Galen: αὐτῶν AMV.

<sup>4</sup> A: αὐτὸν ἀνακαθίζειν MV.

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would be dangerous, and your effect would not be to help the patient, but only to deprive his crises of their spontaneity.

56. If it would benefit some patient to draw blood, first make his cavity firm, and then draw the blood, have the patient fast, and take away his wine. Then in the time that follows treat him by regimen and vapour-baths. If the cavity seems to be very costive, administer a gentle enema.

57. If it seems advisable to administer a medication, clean cautiously upwards with hellebore, but never clean downwards in patients of this sort; it is best to get them to pass urine, sweat, and take walks. Also, employ gentle massage in order not to make the body too contracted; if the person is bed-ridden, have others massage him. If the affection produces pain in the thorax above the diaphragm, let the patient sit up as much as possible, and the attendants support him as little as they can; when he is sitting up, let them rub him for a long time with plentiful warm oil. If the pains are in the lower cavity below the diaphragm, it helps for the patient to recline and to lie perfectly still; to such a patient administer nothing except massage. Pains resolved from the lower cavity, through urine and sweat that flow in moderation, are resolved spontaneously as long as they are mild; but severe



πονηρόν· οἱ τοιοῖδε γὰρ ἢ ἀπόλλυνται ἢ ἄνευ ἄλλων κακῶν οὐ γίνονται ὑγιέες, ἀλλ' ἀποστηρίζεται<sup>1</sup> τὰ τοιουτότροπα.

58. (26 L.) Πόμα ὑδρωπιῶντι· κανθαρίδας τρεῖς, ἀφελὼν τὴν κεφαλὴν καὶ πόδας ἐκάστης καὶ πτερὰ, τρίψας ἐν τρισὶ κυάθοισιν ὕδατος τὰ σώματα· ὅταν δὲ πονέῃ ὁ πίων, θερμῷ βρεχέσθω ὑπαλειψάμενος πρότερον· νῆστις δὲ πινέτω ἐσθιέτω δὲ ἄρτους θερμοὺς ἐξ ἀλείφατος.

514 59. (27 L.) Ἰσχαιμον<sup>2</sup> ὁπὸν συκῆς ἐν εἰρίῳ προσθεῖναι εἴσω πρὸς τὴν φλέβα ἢ πυτίην<sup>3</sup> συστρέψαντα βῦσαι εἰς τὸν μυκτῆρα ἢ χαλκίτιδος τῷ δακτύλῳ ἐπισπασάμενος πίεσον· καὶ τοὺς χόνδρους ἔξωθεν προσπίεζε ἐκατέρωθεν· καὶ τὴν κοιλίην λῦσον ὄνου γάλακτι ἐφθῶ καὶ τὴν κεφαλὴν ξυρῶν ψυκτικὰ πρόσφερε, ἣν ἐν ὥρῃ θερμῇ γίνηται.

60. (28 L.) Σησαμοειδὲς ἄνω καθαίρει ἢ πόσις, ἡμιόλιον δραγμῆς [σταθμὸς]<sup>4</sup> ἐν ὀξυμέλιτι τετριμμένον· συμμίσγεται δὲ καὶ τοῖσιν ἐλλεβόροις, καὶ ἥσσον πνίγει, τὸ τρίτον μέρος τῆς πόσιος.

61. (29 L.) Τριχώσιος· ὕποθεῖς τὸ ράμμα τῇ βελόνῃ<sup>5</sup> τῇ τὸ κύαρ ἐχούσῃ κατὰ τὸ ὀξὺ τῆς ἄνω τάσιος τοῦ βλεφάρου ἐς τὸ κάτω<sup>6</sup> διακεντήσας

<sup>1</sup> Potter: ἀποστηρίζει καὶ AMV. <sup>2</sup> MV: περὶ πρὸς τὴν ἐκ ῥινῶν αἰμορραγίαν ἰσχ. Α. <sup>3</sup> M: πιτύην AV. <sup>4</sup> Del. Joly after Helmreich. <sup>5</sup> MV: ὑποθείστω ράμματι βελόνῃ Α. <sup>6</sup> MV: ἄνω Α.



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ones are bad, for such patients either die or fail to escape without other evils, since such conditions become chronic.

58. Beverage for a patient with dropsy: remove the head, legs and wings from three blister-beetles, and grind the bodies into three cyathoi of water. When the person that has drunk this beverage suffers pain, let him first be anointed and then bathed in hot water; let him drink the medication in the fasting state, and eat warm bread that has been dipped in oil.

59. Against nosebleed: apply fig juice, in a piece of wool, inside against the vessel; or roll together some rennet and stuff it into the nostril, or take up some copper ore with your fingers, insert it, and squeeze the cartilages on both sides from the outside. Open the cavity with boiled ass's milk, and, if it happens in summer, shave the head and apply cooling agents to it.

60. Sesamoid cleans upwards: the potion consists of one-and-a-half drachmas ground into oxymel. It can also be mixed with hellebore, and this chokes less; in that case you employ one-third the amount of the potion.

61. Trichiasis: pass a thread through the eye of a needle; then, piercing through along the angle of the upper extension of the eye-lid in a downward

δίες, καὶ ἄλλο ὑποκάτω τούτου.<sup>†</sup> ἀνατείνας δὲ τὰ ράμματα ράψον, καὶ κατάδησον,<sup>2</sup> ἕως ἂν ἀποπέσῃ. κῆν μὲν ἱκανῶς ἔχῃ εἰ δὲ μή, ἦν ἐλλείπη, ὀπίσω ποιέειν τὸ αὐτό.<sup>3</sup>

62. Καὶ τὰς αἰμορροΐδας τὸν αὐτὸν τρόπον τῇ βελόνῃ διώσας ὥς<sup>4</sup> παχύτατον εἰρίου οἰσυπηροῦ ράμμα καὶ ὥς μέγιστον ἀποδόσεις ἀσφαλεστέρῃ<sup>5</sup> γὰρ γίνεται ἡ θεραπείη. εἴτα ἀποπιέσας τῷ σήπτῳ χρέω καὶ μὴ βρέχε, πρὶν ἀποπέσῃ καὶ αἰεὶ μίαν καταλίμπανε. καὶ μετὰ ταῦτα ἀναλαβὼν ἐλλαβορίσαι. εἴτα γυμναζέσθω καὶ ἀφιδρούτῳ γυμνασίου δὲ τρίψις, πάλῃ<sup>6</sup> ἀπὸ ὀρθοῦ δρόμου δὲ ἀπεχέσθω καὶ μέθης καὶ τῶν δριμέων ἔξω ὀριγάνου. ἐμείτῳ δὲ δι' ἑπτὰ ἡμερέων ἢ τρὶς  
518 ἐν τῷ μηνί οὔτῳ γὰρ ἂν ἔχοι ἄριστα τὸ | σῶμα. οἶνον δὲ κερρὸν αὐστηρὸν ὕδαρέα, καὶ ὀλίγον τὸ ποτὸν πινέτω.

63. (30 L.) Τοῖσι δ' ἐμπύοισι σκίλλης καταταμῶν κυκλίσκους ἔψε ἐν ὕδατι, καὶ ἀποζέσας εὖ μάλα ἀπόχεον, καὶ ἐπιχέας ἄλλο ἔψε, ἕως ἂν ἀπτομένῳ διέφθον καὶ μαλθακὸν φανῇ· εἴτα τρίψας λεῖον σύμμισγε κύμινον πεφρυγμένον καὶ λευκὰ σήσαμα καὶ ἀμυγδάλας λείας,<sup>7</sup> τρίψας ἐν

<sup>1</sup> MV: εἶναι δ' A.

<sup>2</sup> A: -δει MV.

<sup>3</sup> A: τὰ αὐτά MV.

<sup>4</sup> Reinhold: τῇ βέλτιον ἡδίως εἰσως A: διώσεις τῇ βελόνῃ ὥς MV.

<sup>5</sup> MV: -τάτῃ A.

<sup>6</sup> δὲ . . . πάλῃ A: τε . . . πολλή MV.

<sup>7</sup> A:

νέας MV.

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direction, draw the needle through; do the same again below this.<sup>1</sup> Now pulling the threads tight, stitch them together, and keep them bound fast until they fall off. If this suffices, fine; if it fails, do the same again.

62. Treat haemorrhoids, too, in the same way: first thrust through a very long thick thread of greasy wool, and then tie them off, for this makes the treatment more effective. Then, after squeezing them out, use a putrefacient; do not wash until the haemorrhoids have fallen off, and always leave one behind. After that, restore the patient and administer hellebore. Then let him do exercises and be cleaned by sweating; use the massage of the gymnastic school and wrestling from the standing position; he must avoid running, drunkenness, and all sharp substances except marjoram. Have the patient vomit every seven days, or three times a month, for thus will his body be in the best condition. Have him drink dry light-coloured wine, diluted with water, and little of it.

63. For patients that are suppurating internally: cut up a squill and boil the discs in water; boil them well, pour off the water, replace it with new water, and boil again until they seem boiled through and soft to the touch. Then mash them smooth, and mix in roasted cummin, white sesame and ground almonds; knead this into honey.

<sup>1</sup> In spite of J. Hirschberg's explanation (*Geschichte der Augenheilkunde im Alterthum*, Leipzig, 1899, p. 140). I agree with Francis Adams (*Paulus Aegineta*, London, 1844-7, II. 262) that "the description is so obscure that we must confess our inability to explain it."

μέλιτι ἐκλεικτὸν δίδου καὶ ἐπὶ τούτῳ γλυκύν.  
 ῥυφήματα δέ, μήκωνος τῆς λευκῆς ὑποτρίψας  
 ὅσον λεκίσκιον, ὕδατι διείς, ἢ σητανίου πλύματι  
 ἀλεύρου ἐψήσας, μέλι ἐπιχέας, χλιερὸν ἐπιρρυ-  
 φέων, οὕτω διαγέτω τὴν ἡμέρην. εἶτα ἐς τὰ  
 ἀποβαίνοντα λογιζόμενος τὸ δεῖπνον δίδου.

520 64. (31 L.) Δυσεντερίης· κυάμων καθαρῶν  
 τεταρτημόριον καὶ | ἐρυθροδάνου δώδεκα κάρφεια  
 λεῖα συμμείξαντα καὶ ἐψήσαντα λιπαρὸν διδόναι  
 ἐκλείχειν.

65. (32 L.) Ὀφθαλμῶν· σποδὸς πεπλυμένη,  
 λιπαρῶ πεφυρημένη, ὡς σταῖς μὴ ὑγρόν, λεῖον  
 τρίψας, ὀμφακίῳ τῷ τῆς πικρῆς ὀμφακος  
 ἀνυγρήνας, ἐν ἡλίῳ ξηρήνας, ὑγραίνειν ὡς ἐνά-  
 λειπτον ὅταν δ' αὐτὶς<sup>1</sup> ξηρὸν γένηται, λείῳ  
 τετριμμένῳ ξηρῷ ὑπόχριε καὶ παράπασσε τοὺς  
 κανθοὺς.

66. (33 L.) Ὑγρῶν<sup>2</sup> ἐβένου δραγμὴν μίαν<sup>3</sup>  
 χαλκοῦ κεκαυμένου ἐννέα ὀβολοὺς ἐπ' ἀκόνης  
 τρίβων, κρόκου τριώβολον ταῦτα τρίψας λεῖα,  
 παράχει οἶνου γλυκέος κοτύλην Ἀττικὴν, κᾶπει-  
 τα ἐς τὸν ἥλιον θείς, κατακαλύψας, ὅταν συνεψη-  
 θῇ τούτῳ χρέω.

522 67. (34 L.) Πρὸς τὰς περιωδυνίας καὶ τὰ ρεύ-  
 ματα· ἔστω χαλκίτιδος δραγμὴ, σταφυλῆς, ὅταν

<sup>1</sup> Kuehlewein: αὐτῆς A: om. MV.

AMV.

<sup>3</sup> μίαν om. MV.

<sup>2</sup> Later mss: Ὑγρῶν

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and administer as a lozenge, followed by a sweet wine. Gruels: grind up a small bowl of white poppy, either soak it in water or boil it in an infusion of this year's meal, add honey, and have the patient drink it warm, over the whole day. Then, taking the consequences into account, give him dinner.

64. For dysentery: mix together one quarter cotyle of cleaned beans and twelve twigs of madder until they are smooth, boil, and give in fat as a lozenge.

65. For the eyes: mix washed metallic ashes into a paste with fat in such a way that the fat is no longer liquid; knead it smooth, moisten with the oil of bitter unripe olives, dry in the sun, and moisten again to give it the consistency of an ointment; when it has become dry once more, anoint the eyes with this smoothly-ground dry mixture, and dust it into the corners.

66. For watery eyes: one drachma of ebony, nine obols of burnt copper ground in a mortar, three obols of saffron: grind these smooth, pour in an Attic cotyle of sweet wine, and then cover and place in the sun; when it has combined, apply.

67. Against sharp pains and fluxes: let there be a drachma of copper ore, and grapes; when this has

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δυσὶν ἡμέραις πεφθῇ.<sup>1</sup> ἐκπιέσας, σμύρναν καὶ κρόκον τρίψας καὶ συμμείξας τὸ γλεῦκος, ἔψησον ἐν τῷ ἡλίῳ, καὶ τούτῳ ὑπάλειψε τοὺς περιωδυνέοντας· ἔστω δὲ ἐν χαλκῷ ἀγγεῖῳ.

68. (35 L.) Ὑπὸ ὑστερικῶν πνιγομένων γυνῶσις· πιέσαι τοῖσι τρισὶ δακτύλοισι κῆν αἴσθηται, ταῦτα ὑστερικά ἐστίν· ἦν δὲ μή, σπασμῶδεα.

69. (36 L.) Τοῖσιν ὑπνωτικοῖσι<sup>2</sup> μηκωνίου<sup>3</sup> λεκίσκιον Ἀττικὸν στρογγύλον πόσις.

524 70. (37 L.) Λεπίδος μῆλαι τρεῖς τῷ πλάτει καὶ ἀλήτου ση|τανίου κόλλης, πάντα ταῦτα λεῖα τρίψας, καταπότια ποιήσας δίδου κάτω ὕδωρ καθαίρει.

71. (38 L.) Κοιλίην ἐκκοπροῖ ἐς ἰσχάδια<sup>4</sup> τοῦ τιθυμάλλου ἀπόσταζε ὅσον ἐπτάκις ἐς ἕκαστον, καὶ παιδίοισιν, εἴτα εἰς καινὸν ἄγγος συνθεῖς ταμιεύεσθαι δίδου πρὸ τῶν σιτίων.

526 72. (39 L.) Καὶ τὸ μηκόνιον τρίβων, ὕδωρ ἐπι- χέων καὶ διη|θέων, ἄλευρον φυρῶν, ἴτριον ὀπτῶν, μέλι ἐφθὸν παραχέων, τοῖς ὕδρωπικοῖσιν τρώγειν δίδου καὶ ἐπιπίνειν γλυκὺν ὑδαρέα ἢ μελίκρητον ὑδαρές [, τὸ ἀπὸ τῶν κηρίων].<sup>5</sup> ἢ μηκόνιον συλλέγων ταμιεύου, καὶ θεράπευε.

<sup>1</sup> A: ὑκόταν δύο μέρεα λειφθῇ MV.

<sup>2</sup> A: ὕδρωπιώδεσι(ν) MV.

<sup>3</sup> A: -ων MV.

<sup>4</sup> Kuehlewein: ἰσχάδα A: ἰσχάδα ὀπου MV.

<sup>5</sup> Del. Ermerins.

## REGIMEN IN ACUTE DISEASES (APPENDIX)

fermented for two days, press it out, knead into it myrrh and saffron, and add new wine; heat in the sun, and with this anoint persons suffering from sharp pains; let it be kept in a copper vessel.

68. Recognition of hysterical suffocations: pinch with three fingers: if the patient feels it, they are hysterical, if not, convulsive.

69. For sleepy patients: a spherical Attic lekiskion of spurge as a potion.<sup>1</sup>

70. Of copper scale three probes,<sup>2</sup> and a paste made from this year's flour: grind all this fine, form it into pills, and give; it is diuretic.

71. It empties the cavity of faeces: on to a dried fig distil spurge, about seven drops on each, also for children: place these together in a new vessel and store them; give before meals.

72. Also grind spurge, pour water over it, sieve, and into this mix meal; then bake as a cake, and pour honey over it; give to patients with dropsy, to eat; with it have them drink sweet wine diluted with water, or dilute melicrat. Or collect and store spurge, and treat with that.

<sup>1</sup> The meaning of this chapter is very doubtful. In place of A's "sleepy patients" MV read "patients with dropsy". *μηκώνιον* could be either the cathartic juice of spurge, or poppy juice (opium); cf. *Diseases of Women II* 201 where *μηκώνιον* is referred to as "sleep producing". A lekiskion is apparently a small pot, used here as an indication of volume.

<sup>2</sup> Presumably as much copper scale as can be picked up on a probe.





## TABLES AND INDEXES

## WEIGHTS & MEASURES<sup>1</sup>

(with estimated equivalents)

i) Weights: 6 obols = 1 drachma; 100 drachmas = 1 mina

Equivalents	Attic	Aeginetan
obol	0.728 g.	1.0 g.
drachma	4.366 g.	6.03 g.
mina	436.6 g.	602.6 g

ii) Distance: Attic stade : 185 meters.

iii) Liquid Measures:

12 cheramycles <sup>2</sup>	}	= 1 cotyle
6 cyathoi		
4 oxybapha		

12 cotylai     = 1 chous (pl. choes)

<sup>1</sup> See F. Hultsch, *Griechische und Römische Metrologie* (2nd ed.), Berlin, 1882.

<sup>2</sup> I take *χρημύς* to mean the same as *κόγχη ἐλάττων*. This latter unit is set equal to one half cyathos in Cleopatra, *Περὶ σταθμῶν καὶ μέτρων* 22 (*Scriptores Metrologici*, ed. F. Hultsch, Leipzig, 1866, I. 256).

## WEIGHTS & MEASURES

Equivalents	Attic	Aeginetan
cheramys <sup>2</sup>	22.8 ml.	
cyathos	45.6 ml.	
oxybaphon	68.4 ml.	
cotyle	0.2736 l.	0.379 l.
chous	3.283 l.	4.55 l.

iv) Dry Measures: 4 cotylai = 1 choenix

Equivalents	Attic	Aeginetan
cotyle	0.2736 l.	0.379 l.
choenix	1.094 l.	1.515 l.

## NOTE

In the Indexes of Symptoms and Diseases and of Foods and Drugs, the references are to chapter-numbers in the works included in volumes V and VI. The works are identified as follows:

A = *Affections*

B = *Diseases I*

C = *Diseases II*

D = *Diseases III*

E = *Internal Affections*

F = *Regimen in Acute Diseases (Appendix)*

A, B and C are in volume V

D, E and F are in volume VI

A complete Greek word index to the Hippocratic Collection now exists: *Concordance des Oeuvres Hippocratiques*, éditée par Gilles Maloney et Winnie Frohn, avec la collaboration du Dr Paul Potter, Hildesheim / New York / Zürich, 1986, 5 volumes.

## INDEX OF SYMPTOMS AND DISEASES<sup>1</sup>

(The references in bold type indicate passages where the symptom or disease is described rather than merely mentioned by name.)

Alopecia, *ἀλώπηξ*, a disease in which the hair falls out; cf. Celsus 6.4.2: A35. Cf. C48

Alphos, *ἀλφός*, a dull-white variety of leprosy or psoriasis; cf. Celsus 5.28.19: A35

<sup>1</sup> This is an index of ancient diseases, i.e. diseases as they are described and defined in the texts. In most cases they correspond only distantly to their modern counterparts. Discussions of Hippocratic pathology and disease names are to be found in the following works: Daniel Le Clerc, *Histoire de la medecine*, La Haye, 1729, pp. 165–84; Ch. Daremberg, *Oeuvres choisies d'Hippocrate* (2nd ed.), Paris, 1855; Aug. Hirsch, *Handbuch der historisch-geographischen Pathologie* (2nd ed.), Stuttgart, 1881–1886; Reinhold Strömberg, *Griechische Wortstudien: Untersuchungen zur Benennung von Tieren, Pflanzen, Körperteilen und Krankheiten*, Göteborg, 1944, pp. 68–103; Eulalia Vintró, *Hipócrates y la nosología hipocrática*, Barcelona, 1972, pp. 147–74; M. D. Grmek, “La réalité nosologique au temps d'Hippocrate” in *La Collection Hippocratique et son rôle dans l'histoire de la médecine (Colloque de Strasbourg, 1972)*, Leiden, 1975, pp. 237–55; M. D. Grmek, *Les maladies à l'aube de la civilisation occidentale*, Paris, 1983.

## INDEX OF SYMPTOMS AND DISEASES

Angina, *κυνάγχη* (= *σύναγχος*) (*ἄγχω*, strangle): B3 bis, C9, C26, C27, C28, D10, E53, F3, F9

Anthrax, *ἄνθραξ* (a coal), a necrotizing infection of the skin and subcutaneous tissue. The only description of *ἄνθρακες* in the Hippocratic Collection (*Epidemics II* 1) does not provide sufficient details to allow identification of the disease with the modern anthrax. Cf. Pliny *N.H.* 26.5–6: A35

Ardent fever, *καῦσος* (= *πυρετὸς κανσώδης*) (*καίω*, burn). Littré argues that this fever is tropical malaria; cf. Potter pp. 62 f.: A6, A9, A11, A14, B3 passim, B29, B33, C63, D6, D17, F1, F2, F12. Cf. C41

Arthritis, *ἀρθρίτις*<sup>1</sup>: A30, A31, B3

Back, disease of, *νωτιάς*: C56. Cf. C51 and E13

Belching disease, *ἐρυγματώδης*: C69. Cf. E49

Bile, suffer from, *χολᾶν*: B7, C19, C40; cf. E48

Boil, *δοθήν*; cf. Celsus 5.28.8: A35

Cholera, *χολέρη*; cf. Hirsch 3.255 and Daremberg 636 n.1: A27, A47, F49, F50; dry cholera F48, F51

Colic, *στρόφος* (*στρέφω*, twist); severe paroxysmal griping pains in the belly: A23, A26, A47, A48, A61, C40, C48, C55, D16, E39, E42, F22, F51, F53

Consumption, *φθίσις* (= *φθόη*): B3 bis, C49, C50, E10, E11, E12; consumption of the back C51; nephritic consumption E15. Cf. A33 (*φθίνω*). Cf. C48

Coryza, *κόρυζα*, inflammatory nasal catarrh: F41

<sup>1</sup> The suffix *-ίτις* (-itis) changes a noun into an adjective. Where it is joined with a noun that refers to a bodily organ, the resulting adjective often understands *νοῦσος* (disease), to acquire the meaning "disease of that particular organ", e.g. *ἀρθρίτις* (arthritis) = "disease of the joints". In the Hippocratic writings *-ίτις* does not necessarily indicate the presence of inflammation.

## INDEX OF SYMPTOMS AND DISEASES

Crisis, κρίσις (κράνω, decide): A7, A9, A10, A11, A14, B3, B25, C40, D6 passim, D9, D16 passim, E21, E24, E27 ter, E28, E35, E39, E41, E48 ter, E49, F1 bis, F2 bis, F8, F9, F17 bis, F29, F30, F32, F37, F55

Dark disease, μέλαινα: C73, C74

Darkening of vision, σκότωσις: F7

Diarrhoea, διαρροή: A25, A27, B7, C48, E35, E42, E48

Dislocation, ἔκπωμα: B6

Dizziness, σκοτοδινίη, a combination of darkening of vision (σκότος) and vertigo (δῖνος): A2, C4 bis, C15, C18

Dropsy, ὕδρωψ = ὕδρος: A19, A20, A22, A36, B3 ter, C61, E12, E13, E19, E22, E23, E24, E25, E26, E42, E44, E49, F52, F58, F72

Drowsiness, νυσταγμός: F42

Dysentery, δυσεντερία: A22, A23, A24, A25, A26, B3 ter, F35, F64

Dysuria, δυσουρία, difficult micturition: C3, C14, E13, F41

Epileptic, ἐπίληπτος (ἐπιλαμβάνω, seize): F7

Epinyctis, ἐπινυκτίς; cf. Celsus 5.28.15c and Pliny *N.H.* 20.44: E31

Erysipelas, ἐρυσίπελας: B7; in the uterus B3; in the lung B18, C55, E6; E7 is a f.l.

Favus, κηρίον (honeycomb), a skin disease marked by the formation of round, cup-shaped yellow crusts resembling honeycomb. Cf. Celsus 5.28.13: A35

Fever, πυρετός (πῦρ, fire): passim, e.g. A10, B15, B23, C40, D11, E34, F25; bilious fever F36; summer fever A14; winter fever A12, F24. See also ardent, quartan, and tertian fevers.

Fistula, σῦριγξ: B3

Fracture, κάττηγμα: B6, B10, C24

Gargareon, see staphylitis.

Gout, ποδάγρα: A31, B3 bis

Haemorrhoids, αίμορροίδες: B3, F62

Hepatitis, ἥπατιτις: B3, E27; cf. F34 ἥπατικός. Cf. E28, E29

## INDEX OF SYMPTOMS AND DISEASES

Hiccups, disease with, *λυγγώδης*: C64; cf. F30

Hysteria, *τὰ ὑστερικά*: F68

Ileus, *εἰλεός*: A21 and D14 are intestinal obstruction. E44, E45 and E46 are quite different, but do share some symptoms with Aretaeus S.A. 2.6 (Ileus). Cf. Daremberg p. 293 n. 202.

Jaundice, *ἰκτερος*: A32, C2, C13, C38, C39, C41, D11, D17, E35, E36, E37, E38, E45, E49, F36, F55

Leprosy, *λέπρα* (*λεπίς*, scale), an unidentifiable skin disease, but not leprosy; cf. Paulus 4.2: A35, B3

Lethargy, *λήθαργος*: C65, D5

Lichen, *λειχήν*, a papular skin disease; cf. Paulus 4.3: A35, B3

Lientery, *λειεντερία*; cf. Strömberg pp. 90 f.: A22, A24, A25 bis, B3 bis

Livid disease, *πελίκη*: C68

Look awry, *ιλλαίνειν*: D12, E52

Malignant disease, *φονώδης*: C67

Melancholy, *μελαγχολία*, either an abnormal mental state, or an imbalance of dark bile, or both. Cf. Wittern p. 192 n.15: A36, B3, B30, D13, F16, F29, F37, F48

Nails curved, *ὄνυχες ἔλκονται*, a deformity in which the nails are unusually broad, and curved slightly over the tips of the fingers or toes; clubbing: C47, C48, C50, C61, E10, E23

Nephritis, *νεφρίτις*: B3 bis, E18; nephritic consumption E15. Cf. E14, E15, E16, E17

Numbness, *νάρκη*: B20, C12, C16, C55, E6, F55

Ophthalmia, *ὀφθαλμία*, an eye disease. Cf. Daremberg p. 584 n. 9: B3

Opisthotonus, *ὀπισθότονος*: D13, E53

Orthopnoea, *ὀρθοπνοία*, the symptom of being able to breathe only in an upright posture: A7, C44, C57, C58, C59, D7, D16 bis, E3, E4, E7, E23, E40, F4, F10



## INDEX OF SYMPTOMS AND DISEASES

- Overfill with blood, ὑπεραιμεῖν: C4, C17, C18. Cf. E18, E19
- Oxyrygmia, ὀξυρεγμία, acid eructation: A26, A47 ter; cf. E6 (ἐρεύγεται ὀξύ)
- Panting, ἄσθμα: C51, C58, E11; cf. D7 ἄσθμαίνω. Cf. E5, E11 (φύσα)
- Panus, φύγετρον, inflammatory swelling of the lymphatic glands. Cf. Celsus 5.28.10: A35
- Paralysed, ἀπόπληκτος = παραπλήξ; cf. Daremberg p. 258 n. 18: B3 bis, B4, C6, F7
- Parangina, παρακυνάγχη: D10
- Phlegmasia, φλεγμασίη: I take this term to mean a swelling or supposed collection of phlegm, not necessarily inflammation: D1, D7, F4; cf. C70 φλεγματώδης; E20, E22, E49 φλέγμα. See also white phlegm.
- Phrenitis, φρενίτις φρήν, diaphragm, mind: A6, A10, A12, B3 passim, B30, B34, C72, D9, D15, D16. Cf. E48
- Pleurisy, πλευρίτις πλευρόν, side: A6, A7, A9 passim, A10, A12, A15, B3 passim, B7, B15 bis, B22, B26, B27, B28, B29, B31, B32, C44, C45, C46, D15 bis, D16, E7 bis, E27 ter, E39, F3, F31, F34
- Pneumonia, περιπνευμονίη: A6, A9, A10, A11 bis, A12, B3 passim, B7, B12, B22, B26, B27, B28, B29, B31, B32, C27, C47, C63 ter, D5, D6 bis, D9 bis, D15, D16 ter, F33, F34. Cf. E3, F31
- Polyp, πώλυπος: A5, C33, C34, C35, C36, C37
- Prurigo, κνισμός, a skin disease characterized by intense itching; cf. Paulus 4.4: A35
- Psora, ψώρα ψάω, rub away, an unidentifiable skin disease; cf. Paulus 4.2: A35
- Quartan fever, τεταρταῖος πυρετός: A18, B3, C43, E40
- Rage, μανίη μαίνεισθαι: B30, C22, E29; cf. D13 ἡμανικός
- Sciatica, ἰσχιάς: A29, B3 ter, E51
- Scrofula, χοιράδες, chronic enlargement and degeneration of the lymphatic glands; cf. Paulus 4.33: A35

## INDEX OF SYMPTOMS AND DISEASES

- Shadowy vision, *σκιαυγείν*: E48
- Sleeplessness, *ἀγρυπνίη*: F1, F2, F40
- Sore throat, *βράγχος*: C55, E6, F41, F55. Cf. A4
- Speechlessness, *ἄφωνή/ἄφωνος*: B4, C6, C21, C22, D4, D8, D13, E48, F6, F7, F25, F28. Cf. B3
- Sphacelus, *σφακελισμός*, gangrenous necrosis. In the Hippocratic Collection this process is primarily confined to bones (e.g. *Fractures* 11; *Joints* 50) and the brain (e.g. *Airs, Waters, Places* 10; *Aphorisms* VII 50). *Coan Prenotion* 183 suggests a connection between the two, perhaps founded on the ancient belief that the brain represented the marrow of the skull. Cf. Daremberg pp. 268 f.: C5, C20, C23, C75, D4
- Splenitis, *σπληνίτις*: B3. Cf. A20, B3, B7, C38, C55, E25, E30, E31, E32, E33, E34, F55
- Staphylitis, *σταφύλη* (= *γαργαρεύων*), a disease in which the uvula swells up like a grape: A4, B3 bis, C10, C29, E53. Cf. F9
- Stone, *λίθος/λιθιάν*: B6, B8, E14
- Strangury, *στραγγουρή*, slow and painful emission of urine: A28, B3 bis, C1, C12 bis, E14, E16, E18 bis
- Stricken, *βλητός* (*βάλλω*, strike); cf. *Regimen in Acute Diseases* 17, *Coan Prenotion* 394, and Galen XV.491 (Kühn): C8, C25, D3
- Suppurate internally, *ἔμπνος εἶναι*, to have or form a collection of pus anywhere in the body, but most often in the thorax: A7, A9, A33, B3, B4, B6, B7, B8 bis, B10, B11, B12, B13, B14, B15, B17, B18, B21, B26, B27, C27 ter, C32, C47, C57, C59, C63 bis, C64, D5, D15, D16 ter, E1, E2, E3 bis, E8, E9, E15, E17, E23, E53, F40, F63
- Swellings at the joints, *κέδματα*; my translation follows Jones (I.130 etc.). The meaning of this term, which seems to refer to some chronic affection of the joints, has been debated since antiquity; cf. Daremberg p. 388 n. 70: B3 bis
- Tenesmus, *τεινεσμός*, ineffectual and painful straining at stool: A26, B3 bis. Cf. C66
- Teredo, *τερηδών* (wood-worm), caries in the skull: C7, C24

## INDEX OF SYMPTOMS AND DISEASES

Tertian fever, *τριταῖος πυρετός*: A18, B3, C42, E40

Tetanus, *τέτανος*: B7, D12, E52, E54, F10, F37. See also *Opisthotonus*.

Thick disease, *παχύ*: E47, E48, E49, E50

Tongue, affection of, *ὕπογλωσσίς*; cf. Aëtius 8.39: C11, C31. Cf. A4

Tonsillitis, *ἀντιάς*: C11, C30

Torpor, *νωθρία*: B20

Trichiasis, *τρίχωσις*, inversion of one or more eyelashes so that they rub against the cornea: F61

Tubercle, *φῦμα* (*φύω*, grow), a nodule containing purulent or caseous material; cf. Daremberg p. 282 n.144: A34, B6, B8, B11, B17, B19, B20, C30, C32, C57, C60, E3, E9, E23, F26 bis

Typhus, *τίφος*, not the modern disease: E39, E40, E41, E42, E43

Unclean(ness), *ἀκάθαρτος/ἀκαθαρσία*, a state in which disease-producing impurities are present in the body: A18 bis, A19, A20, A22, C16, C41, C43, C63, D2, D3, D16

Varix, *κισός*: B14, B20, E4/5, F35

Vertigo, *δῖνοι*: F17

White phlegm, *φλέγμα λευκόν*: A19, A22, B3 bis, B7, C71, E21, E50

Withering disease, *ἀναντή*: C66. Cf. E13

## GREEK NAMES OF SYMPTOMS AND DISEASES INCLUDED IN INDEX

ἀγρυπνίη	Sleeplessness
αἰμορροῖδες	Haemorrhoids
ἀκάθαρτος	Unclean
ἀλφός	Alphos
ἀλώπηξ	Alopecia
ἄνθραξ	Anthrax
ἀντιάς	Tonsillitis
ἀπόπληκτος	Paralysed
ἄρθριτις	Arthritis
ἄσθμα	Panting
ἀναντή	Withering Disease
ἄφωνος	Speechless
βλητός	Stricken
βράγχος	Sore Throat
γαργαρεύων	Staphylitis
διαρροίη	Diarrhoea
δῖνοι	Vertigo
δοθιήν	Boil
δυσεντερίη	Dysentery
δυσουρίη	Dysuria
εἰλεός	Heus
ἐκπτωμα	Dislocation

# INDEX OF SYMPTOMS AND DISEASES

ἔμπυος	Suppurate internally
ἐπίληπτος	Epileptic
ἐπινυκτίς	Epinyctis
ἐρυγματώδης	Belching Disease
ἐρυσίπελας	Erysipelas
ἥπατιτις	Hepatitis
ἵκτερος	Jaundice
ἰλλαίνειν	Look awry
ἰσχιάς	Sciatica
κάτηγμα	Fracture
καῦσος	Ardent Fever
κέδματα	Swellings at the Joints
κηρίον	Favus
κιρσός	Varix
κνισμός	Prurigo
κόρυζα	Coryza
κρίσις	Crisis
κυνάγχη	Angina
λειεντερία	Lientery
λειχήν	Lichen
λέπρη	Lepra
λήθαργος	Lethargy
λίθος	Stone
λυγγώδης	Hiccups, disease with
μανία	Rage
μελαγχολία	Melancholy
μέλαινα	Dark Disease
νάρκη	Numbness
νεφρίτις	Nephritis
νυσταγμός	Drowsiness

# INDEX OF SYMPTOMS AND DISEASES

νωθρίη	Torpor
νωτιάς	Back, disease of
ὄνυχες ἔλκονται	Nails curved
ὀξυρεγμία	Oxyrygmia
ὀπισθότονος	Opisthotonus
ὀρθοπνοίη	Orthopnoea
ὀφθαλμία	Ophthalmia
παρακυνάγχη	Parangina
παραπλήξ	Paralysed
παχύ	Thick Disease
πελίη	Livid Disease
περιπλευμονίη	Pneumonia
πλευρίτις	Pleurisy
ποδάγρη	Gout
πυρετός	Fever
πώλυπος	Polyp
σκιαυγεῖν	Shadowy vision
σκοτοδινίη	Dizziness
σκότωσις	Darkening of vision
σπληνίτις	Splenitis
σταφύλη	Staphylitis
στραγγουρίη	Strangury
στροφής	Colic
σύναγχος	Angina
σῦριγξ	Fistula
σφακελισμός	Sphacelus
τεινεσμός	Tenesmus
τερηδών	Teredo
τέτανος	Tetanus
τεταρταῖος πυρετός	Quartan Fever
τῖφος	Typhus
τριταῖος πυρετός	Tertian Fever

# INDEX OF SYMPTOMS AND DISEASES

τρίχωσις	Trichiasis
ὑδρωψ	Dropsy
ὑπεραιμειν	Overfill with blood
ὑπογλωσσίς	Tongue, affection of
ὑστερικά	Hysteria
φθίσις	Consumption
φλῆγμα λευκόν	White Phlegm
φλεγμασίη	Phlegmasia
ῥονώδης	Malignant Disease
φρενίτις	Phrenitis
φύγετρον	Panus
φῦμα	Tubercle
χοιράδες	Scrofula
χολᾶν	Bile, suffer from
χολέρη	Cholera
ψώρα	Psora

## INDEX OF FOODS AND DRUGS<sup>1</sup>

- Acorn, βάλανος, fruit of the oak, *Quercus Robur*: C13  
 All-heal, πάνακες, *Ferulago galbanifera*: F34  
 All-heal juice, χαλβάνη: F30, F34  
 Almond, ἀμυγδάλη (= κάρνον Θάσιον), fruit of the *Prunus Amygdalus*: C64, D11, D15, F63  
 Angel-fish, ῥίνη, *Squalus squatina*: E1, E12 bis, E49  
 Anise, ἄνισον, *Pimpinella Anisum*: D11  
 Apple, μήλον: D17, F53  
 Aristolochia, ἀριστολοχία, *Aristolochia rotunda*: D16, E23  
 Arsenic, red, σανδαράκη, As<sub>2</sub>S<sub>2</sub>: C14  
 Asphalt, ἄσφαλτος: D10  
 Asphodel, ἀσφόδελος, *Asphodelus ramosus*: C38, E30  
 Ass, ὄνου κρέας: E6, E22

<sup>1</sup> Two comprehensive studies of Hippocratic materia medica are: J. H. Dierbach, *Die Arzneimittel des Hippokrates*, Heidelberg, 1824; R. von Grot, "Über die in der hippokratischen Schriftensammlung enthaltenen pharmakologischen Kenntnisse" in *Historische Studien aus dem Pharmakologischen Institute der Kaiserlichen Universität Dorpat*, I. 58–133, Halle, 1889.

Also important for Greek materia medica are: Dioskurides, *Arzneimittellehre . . . übersetzt und mit Erklärungen . . .* von J. Berendes, Stuttgart, 1902; D'Arcy W. Thompson, *A Glossary of Greek Birds*, Oxford, 1936, and *A Glossary of Greek Fishes*, London, 1947.

Dioscurides is quoted from the edition of M. Wellmann, Berlin, 1906–14.



## INDEX OF FOODS AND DRUGS

- Ass's milk, ὄνου γάλα: passim, e.g. A29, A30, C13, C40, C70, E10, E46, E51, F1, F8, F53
- Barley, κριθή, *Hordeum sativum*: D17 quater
- Barley, parched, κάχυς (= κριθή ὀπτή): C67, D17, E51
- Barley, peeled, πτισάνη: F44. See also barley-water.
- Barley groats, κρίμνα κριθέων: D17 bis
- Barley meal, ἄλφιτον: A52, E12
- Barley-cake, μᾶζα: A41, A43, A50, A52, A61, C50, C55, E12 bis, E20, E27, E35, E41, E42, E51, F44
- Barley-water, χυλὸς πτισάνης (= ὕδωρ κριθινόν): passim, e.g. A41, C40, D17, E35, F17, F30
- Basil, ὄκκμον, *Ocymum basilicum*: A43, A54, E12
- Bay oil, δάφνινον ἔλαιον: C13
- Bayberry, δαφνίς, fruit of the bay-tree: C13
- Bay-tree, δάφνη, *Laurus nobilis*: E52
- Bean, Egyptian, κύαμος Αἰγύπτιος, *Nelumbium speciosum*: F53. Cf. F64
- Beef, βόεια κρέα: A52, C47, C49, C52, E12, F48
- Beet, σεῦτλον (= τεῦτλον), *Beta maritima*: A38, A41, A43, A55, C12, C26, C27, C44, C48, C55, C67, C69, C71, C74, E7, E12 bis, E21, E26, E30, E31, E41, E42, E46, E48, E51 bis, F44
- Berry, Cnidian, κόκκος Κνιδίος, fruit of the θυμελαία, *Daphne Cnidium*: C48, E1, E7, E10, E13, E21, E22, E25, E26 bis, E30, E32, E38, E40, E42, E44, E47, E51 ter. Cf. spurge flax.
- Black-tail, μελάνουρος, *Oblata melanurus*: E12
- Blister-beetle, κανθαρίς, possibly *Cantharis vesicatoria* or *Meloë Cichorei*. See F. Adams on Paulus 7.3 κανθαρίδες (III.153 f.) and Berendes pp. 170 f.: E36, F58
- Blite, βλίτον, *Amaranthus Blitum*: A41, A43, A55
- Bottle-gourd, σικύη, *Lagenaria vulgaris*: E51
- Braize, φάγρος, *Pagrus vulgaris*; cf. Thompson (*Fish*) pp. 273 ff.: E1
- Bramble, βάτος, *Rubus ulmifolius*: A38
- Bread, ἄρτος: A41, A43, A50, A51, A52, A61, C28, C48, C50, C71, E12 ter, E20 bis, E21, E22 bis, E25, E27, E30 ter, E35, E41, E42, E44, E49, F52, F53, F58. Cf. barley-cake.

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- Brine, ἄλμη: E32  
 Bryony, μάδος: F38  
 Buckthorn, ῥάμνος, various species of *Rhamnus*: A38  
 Bull's gall, χολή ταύρου: D14
- Cabbage, κράμβη, *Brassica cretica*: A55, C19, E12 bis  
 Caper-plant, κάππαρις, *Capparis spinosa*: root bark D15; capers D16  
 Celery, σέλινον, *Apium graveolens*: A38 bis, A43, A54 bis, C19, C26, C28, C38 bis, C56, D1, D17 sexiens, E12, E22, E30, E35  
 Centaury, κενταύριον (= κενταυρίη), *Centaurea salnitana*: C54, C59, E1  
 Chaste-tree, ἄγνος, *Vitex Agnus-castus*: A38, E30  
 Cheese, τυρός: A47, A55, C50, E12, E35, E40, E41, F46, F48. See also goat's cheese.  
 Chicken, νεοσσὸς ἀλεκτρούνος, young of *Gallus gallinaceus*: E27, E35, E41, E49. Cf. fowl.  
 Chick-pea, ἐρέβινθος, *Cicer arietinum*: A27, F47; white C38, D17, E14, E35, E45  
 Cinquefoil, πεντάφυλλον, *Potentilla reptans*: C42, D17  
 Clover, τρίφυλλον, *Psoralea bituminosa* or a member of the genus *Trifolium*: C42, C43 bis, D16, D17  
 Copper, burnt, χαλκὸς κεκαυμένος, cuprous oxide, possibly mixed with various other copper compounds: F66  
 Copper, flower of, ἄνθος χαλκοῦ, small grains of cuprous oxide made by quenching heated copper: C19, C25, C30, C33, C34, C36, C37, C47, D16 ter  
 Copper, scales of, λεπῖς, flakes of cuprous oxide made by hammering: F70  
 Copper ore, χαλκῆτις, contradictory reports in antiquity make closer identification impossible: cf. e.g. Dioscurides 5.99, Pliny H.A. 34.117-120, Galen XII.226-229 (Kuhn): F59, F67  
 Coriander, κορίαννον (= κόριον), *Coriandrum sativum*: A38, A54, C50, D17, E12, E35  
 Cow's milk, βόειον γάλα: C47, C51, E1, E2, E3, E6, E10 bis, E13, E28, E32 bis, E43, E46 bis, E49, E51

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- Cress, κάρδαμον, *Lepidium sativum*: D16; seed C26, E40  
 Cuckoo-pint, ἄρον τὸ μέγα, *Arum italicum*: C47, D15 bis, D16  
 Cucumber, σίκνος, *Cucumis sativus*: A57, C64, E35  
 Cummin, κύμινον, *Cuminum Cyminum*: A41, A43, D16, D17, E35, E51, F30, F63  
 Cyceon, κυκεών, a mixed drink containing meal, cheese, herbs and wine: C15, C43, C50, E4, E12 bis  
 Cyclamen, κυκλάμινος, *Cyclamen graecum*: C47  
 Cypress, κυπάρισσος, *Cupressus sempervirens*: C13
- Date, βάλανος φοίνικος, fruit of the date-palm, *Phoenix dactylifera*: F53  
 Dauke, δαῦκος, perhaps *Athamanta Cretensis*: C54, C59, D15, F30, F38  
 Dill, ἄνηθον, *Anethum graveolens*: A43, C50, E12  
 Dock, λάπαθον, *Rumex conglomeratus*: A43, A55, F44  
 Dodder of thyme, ἐπίθυμον, *Cuscuta Epithymum*, a parasitic plant growing on thyme: E10  
 Dog, κυνὸς κρέας: A43, A52, E6, E22, E30. See also puppy.  
 Dogfish, γαλεός: E1, E12 bis, E24, E27  
 Dragon arum, δρακόντιον, *Dracunculus vulgaris*: E1 bis
- Ebony, ἔβενος, wood of the *Diospyrus Ebenum*: F66  
 Eel, ἔγγελος, *Anguilla vulgaris*: E6, E12, E30  
 Elder, ἀκτῆ, *Sambucus nigra*: A38, C19, E44
- Fat, στέαρ: C47; of a sheep's kidneys E12. See also lard.  
 Fennel, μάραθον, *Foeniculum vulgare*: C56, E35 bis  
 Fig, σῦκον: C28, E20 bis  
 Fig, dried, ἰσχάς: E35, F71  
 Fig decoction, συκλόν: C28, C31  
 Fig-tree, συκῆ, *Ficus carica*: juice F59; leaves A38  
 Fish, ἰχθύς: A43, A50, A52, A61, C48, E1, E6, E12, E21, E22, E24, E27, E30, E41, F11, F44, F53; of the rocks A43; of the shore A52, C74; of the marsh and river A52. See also sea-food.

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- Fishing-frog, βάτραχος, *Lophius piscatorius*: E12
- Fleabane, κονύζη, some species of *Erigeron* or *Inula*: cf. Dioscorides 3.121 and Berendes pp. 343f.: E44
- Flour, ἄλητον: A14, A40, A41, C28, C29, C64, F37; this year's flour C20, F70
- Fowl, ἀλεκτρυών (= ἀλέκτωρ = ὄρνις), *Gallus gallinaceus*: A41, A43 bis, A52, C44, C46, C48, C50, C56, C69, D12, E1, E9, E21, E22, E24, E41. See also chicken, hen's egg.
- Frankincense, λιβανωτός, gum of the *Boswellia Carteri*: C13, C47, E52
- Garlic, σκόροδον, *Allium sativum*: A54, C27, C43, C55, E6, E21 ter, E44, F45
- Goat, αἴγιον κρέας: E1, E30, F49. See also kid.
- Goat's cheese, αἴγιος τυρός: E12
- Goat's horn, αἰγὸς κέρας: E30
- Goat's milk, αἰγὸς γάλα: C47 bis, D16, E1, E3, E6, E10, E13, E24, E27, E28 bis, E32, E43, E49 bis, E51
- Goat's whey, αἰγὸς ὀρός: E41, E43
- Goby, κωβίος, members of the genus *Gobius*: E21, E22, E30
- Gourd, κολοκύντη, *Cucurbita maxima*: A41, A43, A55, C12, C27, C48, C67, C69, C74
- Grape, pressed, στέμφυλον: A27, C69; wine made from pressed grapes D17
- Grape-vine, ἄμπελος, *Vitis vinifera*: F53
- Grey mullet, κέφαλος (= κεστρεύς), *Mugil cephalus*: E6, E12, E30
- Hare, λαγῶα κρέα A52
- Hedge-mustard, ἐρύσιμον, *Sisymbrium polyceratium*: C54
- Hellebore, ἐλλέβορος, *Veratrum album* and *Helleborus cyclophyllus*: passim, e.g. A20, A25, C15, C34, C37, E10, E25, F53, F57, F60; black D12, E48, F34; white D15; roots of white hellebore C43, C48. See also sesamoid.
- Hen's egg, ὄν ἀλεκτορίδος: D17, E27, F53. Cf. fowl.
- Henbane, ὕοσκύαμος, *Hyoscyamus albus*: C43, E52
- Hippophaeos, ἱππόφειως, *Euphorbia acanthathamnus*: E13, E21, E22, E25, E26 bis, E42, E44, E47, E49, E51

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- Honey, μέλι: passim, e.g. A41, A58, A61, C43, C44, C64, D14, D16, E35, E42, F30, F34, F72
- Honeycomb, κηρίον: C45, C54, C58, C64, D17
- Horse-mackerel, see salt-fish.
- Hypericum, ὑπερικόν (= κόρις), *Hypericum Crispum* or *empetrum folium*: C54, C64, E35
- Hyssop, ὕσσωπος: D10, D16 quater
- Ivy, κισσός, *Hedera Helix*: E30
- Kid, ἔριφος: A43. See also goat.
- Lamb, κρέας οἷος ὡς νεωτάτης: A41, A43. See also mutton.
- Lard, ὕειον ἄλειφα: C13
- Lead, white, ψιμύθιον,  $\text{Pb}(\text{OH})_2 \cdot 2\text{PbCO}_3$ : C14
- Lead monoxide, see silver, flower of.
- Leek, πράσον, *Allium Porrum*: A38, A54, C38, E9, E12
- Lentil, φακός, the *Eruum lens* and its fruit: A27, A41 bis, E12, E23, E42, E44, F47
- Lentil decoction, φάκιον: A27, C15, C43, C48 ter, C49, C50 ter, C52, C55 bis, C70
- Lentil-soup, φακῇ (= φάκινον ἔτνος): E7, E21 ter, E22 bis, E30 ter, E41, E42, E44, E47, F53
- Linseed, λίνου καρπός (= λίνου σπέρμα), the seed of flax, *Linum usitatissimum*: D17, E1, F18, F33, F53
- Litharge, see silver, flower of.
- Lupin, θέρμος, *Lupinus alba*: F47
- Madder, ἐρυθρόδανον, *Rubia tinctorum*: F64
- Magnetic stone, λίθος Μαγνησίης: for the property of magnetic stone to purge phlegm cf. Dioscurides 5.130: E21
- Maiden-hair, ἀδιάντον, *Adiantum Capillus-Veneris*: D17, E35
- Mallow, μολόχη, *Malva silvestris*: F44
- Mandrake, μανδραγόρας, *Mandragora officinarum*: C43
- Mare's milk, ἵππειον γάλα: E3, E6, E28, E32

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- Marjoram, *δρίγανον*, various species of *Origanum*: A43, C19, C26 bis, C28, C47 bis, C48, C50, C52, C55, C64, C71, E1, E6, E7, E9, E10, E24, E27 bis, E41, F62
- Meal, *ἄλευρον* (= *ἄλφιτον*): A38, A52, C42, C54, C55, C64, E1 passim, E6, E16, E21 bis, E30 bis, E40 ter, E41, E42 bis, E44, E51, F38, F72; this year's meal F63. See also barley-meal and wheat-meal.
- Meal, bruised, of raw grain, *ωμήλυσις*: C30, C31
- Medlar, *μέσπιλον*, fruit of the medlar-tree, *Mespilus germanica*: F53
- Melicrat, *μελίκρητον*, a mixed drink of honey and water: passim, e.g. A15, A40, C21, C67, D11, D17, E6, E21, F1, F72
- Melon, *σίκυος πέπων*, *Cucumis Melo*: A57, D17 bis
- Mercury (herb), *λινόζωστις*, *Mercurialis annua*: C12 bis, C69
- Metallic ashes, *σποδός*; cf. Dioscurides 5.75: F65
- Milk, *γάλα*: passim, e.g. A23, A25, C73, E8, E18. See also ass's milk, cow's milk, goat's milk, mare's milk, and woman's milk.
- Millet, *κέγχρος*, *Panicum miliaceum*: A14, A40, A41 bis, C12, C19, C22, C40, C42, C43, C44 ter, C45, C46, C56, C64, C67 bis, C70, E1, E49, F53
- Mint, *μίνθη*, *Mentha viridis*: C26, C28, D17, E12
- Mulberry, *μόρον*, *Morus nigra*: E35
- Mustard, *νᾶπυ*, *Brassica alba*: D15, D16
- Mutton, *κρέα μήλεια* (= *οἶεια*): A52, C47, C48, C49, C50, C52, C69, C71, E12 bis, E22, E30, E41. See also lamb.
- Myrrh, *σμύρνα*, the gum of an Arabian tree, *Balsamodendron Myrrha*: C13, C19, C25, F30, F67
- Myrtle-berry, *μύρτον*, fruit of the myrtle, *Myrtus communis*: F53
- Nightshade, *στρώχνος*: D1, E27
- Oak-gall, *κηκίς*, an excrescence produced on some species of oak by punctures of the gall-fly (genus *Cynips*): C13
- Olive, *ἐλαία*, *Olea Europaea*: A38
- Olive oil, *ἐλαιον*: passim, e.g. A41, A55, C30, C60, D2, D16, E20, E52, F18, F51, F52; from unripe olives (*ὀμφάκιον*) F65

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- Onion, κρόμμυον, *Allium Ceba*: A54, C22, E35
- Orchis, διδυμαῖον, perhaps some species of *Orchis*: E30
- Oxymel, ὀξύμελι, a mixed drink of honey and vinegar: F11 bis, F18, F30 bis, F31, F34 bis, F60
- Pennyroyal, γληχώ, *Mentha Pulegium*: A38, A41, D17 bis, E44
- Peony, γλυκυσιδη, *Paeonia officinalis*: E40
- Pepper, πέπερι, *Piper nigrum*: D12, D16, F34
- Pigeon, πελειάς, species of the genus *Columba*: E27, E41
- Pine-cone, κόκκαλος, fruit of the *Pinus pinea*: F30, F34
- Piper, κόκκυξ, species of the genus *Trigla*: E21, E22, E30, E49
- Plover, χαραδριός, *Charadrius oedienemus*; it was popularly believed that a person with jaundice could be cured by looking at this bird. See Thompson (*Birds*) pp. 311–314: E37
- Polyp, πωλύπους, octopus or cuttle-fish: E22, E40, E44
- Pomegranate, ροιή (= σιδη), *Punica Granatum*: A38, A54, C46, C65, D16, E12
- Pomegranate-peel, σίδιον: C47
- Poppy, μήκων. Possible identifications in particular Hippocratic passages have been much discussed, generally with little agreement: cf. e.g. Dierbach pp. 235 ff., Littré II.523 f., Ermerins I.362 ff., and von Grot pp. 108 f.: D16, E12, E40, F63
- Pork, κρέα ὕεια/χοίρεια: A52 bis, C47, C49, C52, E12, E21, E22, E30, E41, F50 bis, F52
- Puppy, σκύλακος κρέας: A41, A43, C44, C56, E9, E24, E27. See also dog.
- Quince, μῆλον τὸ Κυδώνιον, *Cydonia vulgaris*: D17
- Radish, ῥαφανίς, *Raphanus sativus*: C47 bis, E6, E22, E30, E40
- Rain-water, ὕδωρ ὄμβριον: D17; cf. E26
- Raisin, ἀσταφίς (= σταφίς): A55, C32, D17 bis, E35 bis
- Rennet, πτυγή: F59
- Resin, ῥητίνη: C47
- Rue, πήγανον, *Ruta graveolens*: A43, C26, C47, C50, C64, D15, E12, E30

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- Safflower, *κνήκος*, *Carthamus tinctorius*: D17
- Saffron, *κρόκος*, *Crocus sativus*: F66, F67
- Salt. ἅλς: A41, A43, A52, C18, C47, E12 bis, E14, E26, E27, E35, E40, E41, E42, E44 bis, E46, E51. See also brine.
- Salt-fish, *τάριχον*, generally tunny, *Thynnus thynnus*, or horse-mackerel, *Scomber trachurus*: C50, E12, E25, E30. Cf. *saperdes*.
- Salvia, *ἐλελίσφακος*, a member of the genus *Salvia*, possibly *S. officinalis*, sage: A38, C47 bis, C54 bis, C64
- Saperdes, *σαπέρδης*, some variety of salt-fish; cf. Thompson (*Fish*) p. 226: E25, E30
- Savory, *θύμβρη*, *Satureia Thymbra*: C26, C47, C48, C52, C64, C71
- Scammony, *σκαμ(μ)ωνίη*, *Convolvulus Scammonia*: E2, E14, E16, E18, E28, E43, E51, F27
- Scorpion fish, *σκορπίος*, *Scorpaena porcus*: C48, C50, C71, E21, E22, E30, E49
- Sea-food, *θαλάσσια*: A43, C47, C64, C69. See also fish.
- Sea-spurge, *μηκωνίς* (= *τιθυμαλλίς*), *Euphorbia Paralias*; cf. Dioscurides 4.164.6: E1, E7, E10. Cf. spurge.
- Selachian, *σελάχιον*: C48, C50, C71, C74, E12. See also angel-fish, dogfish, fishing-frog, skate, sting-ray, and torpedo.
- Sesame, *σήσαμον*, *Sesamum indicum*: A47, A55, C50, C64, D15, E1 bis, E35, F63
- Sesamoid, *σησαμοειδές*, possibly the seeds of some variety of hellebore: F60
- Silphium, *σίλφιον*, *Ferula tingitana*: C42, C47, D15, D16 ter, E6, E23, E24, E27, E40, E42, E44, F30, F48
- Silver, flower of, *ἄνθος ἀργύρου*, probably *λιθάργυρος*, lead monoxide, which Dioscurides (5.87) mistakenly believed to be a silver compound: C13, C14
- Skate, *βατίς*, species of the genus *Raja*: E12 bis, E27
- Soda, *λίτρον*, native sodium carbonate: C13, C26 ter, C28, C32, D16, E20, E26, E31, E48, E51
- Sorb, *οὔον*, fruit of the service-tree, *Sorbus domestica*: F53
- Southernwood, *ἀβρότονον*, *Artemisia arborescens*: F34
- Spelt groats, *χόνδρος*, from *Triticum spelta*, a species of grain akin to wheat: A40, A41, A44, C51, F53



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- Spurge, *τιθύμαλλος* (= *μηκώνιον*), various species of *Euphorbia*: A38, F69, F71, F72 bis. See also sea-spurge.
- Spurge flax, *κνέωρον*, according to Dioscurides (4.172) leaves of the *θυμελαία*, *Daphne Cnidium*: E21, E22, E25, E26 ter, E44, E47. Cf. berry, Cnidian.
- Square-berry, *τετράγωνον*, fruit of the *Euonymus latifolius*: E45, E49
- Squill, *σκίλλη*, *Urginea maritima*: F63
- Squirting cucumber, *σίκυος ἄγριος*, *Ecballium Elaterium*: E26, E46
- Squirting cucumber juice, *ἐλατήριον*: D10, D15, E18, E37
- Star-gazer, *καλλιώνυμος*, *Uranoscopus scaber*: E21, E22, E30, E49
- Stinging-nettle, *ἀκαλήφη* (= *κνίδη*), *Urtica urens*: C47, D15
- Sting-ray, *τρυγών*, *Trygon pastinaca*: E12, E27
- Sulphur, *θεῖον*: D10
- Sumach, *ρόος*, *Rhus Coriaria*: C28 bis, E1
- Thapsia, *θαψίη*, *Thapsia garganica*: D15, D16, E42; juice D8; root E18
- Thyme, *θύμον*, *Thymbra capitata*: A43, C50
- Torpedo, *νάρκη*, *Torpedo marmorata* and allied species: E12 bis, E24, E27
- Tunny, see salt-fish.
- Turnip, *γογγυλῖς*, *Brassica Rapa*: E40
- Turtle-dove, *τρυγών*, *Turtur communis*: E41
- Vetch, *ὄροβος*, *Vicia ervilia*: C20, D17 quater, E1 bis, E12 bis, E23
- Water parsnip, *σίον*, *Sium angustifolium*: C47
- Wax-salves, *κήρωμα*: F9, F15, F33
- Weever, *δράκων*, *Trachinus draco* and allied species: E21, E22, E30
- Wheat, *πυρός*, *Triticum vulgare*: A44, E20, E22, E25, E30, F53
- Wheat flour, *σεμιδαλῖς*: F53
- Wheat-meal, *ἄλευρον* (= *πύρινον ἄλφειτον*): A52, F53

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- Whey, ὀρός: A30, C12, C13, C38, C40, C51, C55, C66, C68, C70, C73, E6, E13, E16, E41, E48. See also goat's whey.
- Wild purslane, πέπλιον, *Eurphobia Peplis*; cf. Dioscurides 4.168: E7, E10
- Wine, οἶνος: passim, e.g. Coan E25, E30; Mendean E13, E16, E17, E18, E24; Thasian D17; Toronian C47
- Wine lees, burnt, τρὺξ οἰνηρὴ κεκαυμένη, acid potassium tartrate obtained by burning the matter deposited on the bottom and sides of wine-vats: C13
- Woad, ἰσάτις, *Isatis tinctoria*: A38
- Woman's milk, γάλα γυναικεῖον: D2
- Wormwood, ἀψίνθιον, *Artemisia Absinthium*: D11, E52

## GREEK NAMES OF FOODS AND DRUGS INCLUDED IN INDEX

ἄβρότονον	Southernwood
ἄγνος	Chaste-tree
ἄδιαντον	Maiden-hair
αἰγειον κρέας	Goat
αἰγειος τυρός	Goat's cheese
αἰγὸς γάλα	Goat's milk
αἰγὸς κέρας	Goat's horn
αἰγὸς ὀρός	Goat's whey
ἀκαλήφη	Stinging-nettle
ἄκτῃ	Elder
ἄλεκτρυνών	Fowl
ἄλευρον	Meal(wheat)
ἄλητον	Flour
ἄλμη	Brine
ἄλς	Salt
ἄλφιτον	Meal(barley)
ἄμπελος	Grape-vine
ἄμυγδάλη	Almond
ἄνηθον	Dill
ἄνισον	Anise
ἄργύρου ἄνθος	Silver, flower of
ἀριστολοχία	Aristolochia
ἄρον τὸ μέγα	Cuckoo-pint
ἄρτος	Bread
ἄσταφίς	Raisin
ἄσφαλτος	Asphalt
ἄσφόδελος	Asphodel
ἄψίνθιον	Wormwood

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βάλανος	Acorn
βάλανος φοίνικος	Date
βατίς	Skate
βάτος	Bramble
βάτραχος	Fishing-frog
βλίτον	Blite
βόειον γάλα	Cow's milk
βόειον κρέας	Beef
γάλα	Milk
γαλεός	Dogfish
γληχώ	Pennyroyal
γλυκυσιδη	Peony
γογγυλίσ	Turnip
γυναικείον γάλα	Woman's milk
δαῦκος	Dauke
δάφνη	Bay-tree
δαφνίς	Bayberry
διδυμαῖον	Orchis
δρακόντιον	Dragon Arum
δράκων	Weever
ἔβενος	Ebony
ἔγχελυς	Eel
ἐλαία	Olive
ἐλαιον	Olive oil
ἐλατήριον	Squirting-cucumber juice
ἐλελίσφακος	Salvia
ἐλλέβορος	Hellebore
ἐπίθυμον	Dodder of thyme
ἐρέβινθος	Chick-pea
ἔριφος	Kid
ἐρυθρόδανον	Madder
ἐρύσιμον	Hedge-mustard
θαλάσσια	Sea-food

# INDEX OF FOODS AND DRUGS

Θάσιον κάρυον	Almond
θαψίη	Thapsia
θειον	Sulphur
θέρμος	Lupin
θύμβρη	Savory
θύμον	Thyme
ἵππειον γάλα	Mare's milk
ἵππόφειως	Hippopheos
ἰσάτις	Woad
ἰσχάς	Fig, dried
ἰχθύς	Fish
καλλιώνυμος	Star-gazer
κανθαρίς	Blister-beetle
κάππαρις	Caper-plant
κάρδαμον	Cress
κάχυς	Barley, parched
κέγχρος	Millet
κενταύριον, -ίη	Centaury
κεστρεύς	Grey mullet
κέφαλος	Grey mullet
κηλίς	Oak-gall
κηρίον	Honeycomb
κήρωμα	Wax-salves
κισσός	Ivy
κνέωρον	Spurge flax
κνήκος	Safflower
κνίδη	Stinging-nettle
κόκκαλος	Pine-cone
κόκκος Κνίδιος	Berry, Cnidian
κόκκυξ	Piper
κολοκύνθη	Gourd
κονύζη	Fleabane
κορίαννον	Coriander
κόρις	Hypericum
κράμβη	Cabbage

# INDEX OF FOODS AND DRUGS

κριθή	Barley
κρίμνα κριθέων	Barley groats
κρόκος	Saffron
κρόμμυον	Onion
κύαμος Αιγύπτιος	Bean, Egyptian
κυκεών	Cyceon
κυκλάμινος	Cyclamen
κύμινον	Cummin
κυνὸς κρέας	Dog
κυπάρισσος	Cypress
κωβιός	Goby
λαγῶα κρέα	Hare
λάπαθον	Dock
λεπίς	Copper, scales of
λιβανωτός	Frankincense
λινόζωστις	Mercury (herb)
λίνου καρπός	Linseed
λίτρον	Soda
Μαγνησίης λίθος	Magnetic stone
μάδος	Bryony
μαῖζα	Barley-cake
μανδραγόρας	Mandrake
μάραθον	Fennel
μελάνουρος	Black-tail
μέλι	Honey
μελίκρητον	Melicrat
μέσπιλον	Medlar
μήκων	Poppy
μηκώνιον	Spurge
μηκωνίς	Sea-spurge
μήλειον κρέας	Mutton
μήλον	Apple
μήλον τὸ Κυδώνιον	Quince
μίνθη	Mint

# INDEX OF FOODS AND DRUGS

μολόχη	Mallow
μόρον	Mulberry
μύρτον	Myrtle-berry
νᾶπυ	Mustard
νάρκη	Torpedo
νεοσσός ἀλεκτρυόνος	Chicken
οἶσιον κρέας	Mutton
οἶνος	Wine
οἶς ὡς νεωτάτης κρέας	Lamb
ὄνου γάλα	Ass's milk
ὄνου κρέας	Ass
ὀξύμελι	Oxymel
ὀρίγανον	Marjoram
ὄρνις	Fowl
ὄροβος	Vetch
ὀρός	Whey
οὔον	Sorb
πάνακες	All-heal
πελειάς	Pigeon
πεντάφυλλον	Cinquefoil
πέπερι	Pepper
πέπλιον	Wild purslane
πήγανον	Rue
πράσον	Leek
πτισάνη	Barley, peeled
πυρός	Wheat
πυτίη	Rennet
πωλύπους	Polyp
ράμνος	Buckthorn
ραφανίς	Radish
ρήτινη	Resin
ρίνη	Angel-fish

# INDEX OF FOODS AND DRUGS

ῥοιή	Pomegranate
ῥόος	Sumach
σανδαράκη	Arsenic, red
σαπέρδης	Saperdes
σελάχιον	Selachian
σέλινον	Celery
σεμίδαλις	Wheat flour
σεῦτλον	Beet
σησαμοειδές	Sesamoid
σήσαμον	Sesame
σίδη	Pomegranate
σίδιον	Pomegranate-peel
σικύη	Bottle-gourd
σίκυος	Cucumber
σίκυος ἄγριος	Squirting cucumber
σίκυος πέπων	Melon
σίλφιον	Silphium
σίον	Water parsnip
σκαμ(μ)ωνίη	Scammony
σκίλλη	Squill
σκόροδον	Garlic
σκορπίος	Scorpion fish
σκύλακος κρέας	Puppy
σμύρνα	Myrrh
σποδός	Metallic ashes
σταφίς	Raisin
στέαρ	Fat
στέμφυλον	Grape, pressed
στρύχνος	Nightshade
συκῇ	Fig-tree
συκίον	Fig decoction
σῦκον	Fig
τάριχον	Salt-fish
ταύρου χολή	Bull's gall



## INDEX OF FOODS AND DRUGS

τετράγωνον	Square-berry
τεῦτλον	Beet
τιθυμαλλίς	Sea-spurge
τιθύμαλλος	Spurge
τρίφυλλον	Clover
τρυγών <sup>1</sup>	Turtle-dove
τρυγών <sup>11</sup>	Sting-ray
τρῦξ οἰνηρὴ κεκαυμένη	Wine lees, burnt
τυρός	Cheese
ὔδωρ ὄμβριον	Rain-water
ὔειον ἄλειφα	Lard
ὔειον κρέας	Pork
ὑοσκύαμος	Henbane
ὑπερικόν	Hypericum
ὔσσωπος	Hyssop
φάγρος	Braize
φακῇ	Lentil-soup
φάκιον	Lentil decoction
φακός	Lentil
χαλβάνη	All-heal juice
χαλκίτις	Copper ore
χαλκὸς κεκαυμένος	Copper, burnt
χαλκοῦ ἄνθος	Copper, flower of
χαραδριός	Plover
χοίρειον κρέας	Pork
χόνδρος	Spelt groats
ψιμύθιον	Lead, white
ὦδὸν ἀλεκτορίδος	Hen's egg
ὦκιμον	Basil
ὦμήλυσις	Meal, bruised, of raw grain



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